



Experience better health.

Early Labor



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Early Labor

How to care for yourself in early labor.

General Labor:

In early labor you may be more comfortable and relaxed and your labor may progress more steadily in your own home. If you have to come to the hospital in early labor to be checked and your doctor feels it safe for you to return home, please follow these guidelines.

Nutrition:

Clear liquids are best, fruit juices, light soups and water. Light, easily digested solids may be allowed such as yogurt, toast, pudding, ice cream or sherbet.

Activity:

In general, labor progresses more steadily if you are doing light housework, walking, and changing your position every half-hour if you are lying down.



Rest:

Try to get a nap. At least lie down and relax for half an hour. Lie on either right or left side.

Relaxation:

Tub bath, soothing music, candlelight or aromatherapy.

Distractions:

Games, reading, needlework, music, slow deep breathing with contractions.

Bladder and Bowels:

Empty your bladder at least every two hours. You may have very soft frequent bowel movements, this is normal.

Timing Contractions:

Record the time from the beginning of one contraction to the beginning of the next and how long each contraction lasts.



When to Come to the Hospital:

You are welcome to call and/or return to the hospital at any time. Call 218.732.3311 and ask to speak with an OB nurse. Please call prior to coming in to the hospital so we can best prepare to meet your needs. Following are some guidelines.

Signs of Progressing Labor:

1. Contractions 3-5 minutes apart
2. Increase discomfort
3. Increasing bloody show and/or losing mucus plug.

CALL FOR SURE IF:

1. You have a sudden gush or slow leak of fluid from your vagina.
2. You have any bleeding from the vagina.
3. Fetal movement decreased or absent.