



WHEN TO GO TO THE HOSPITAL DURING LABOR

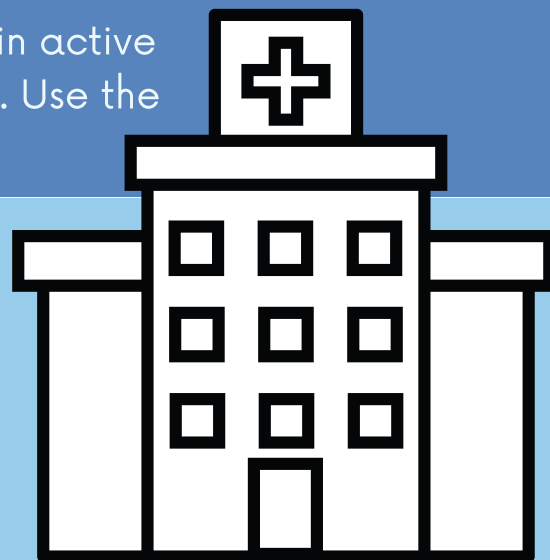
You Should Head to the Hospital When:

- Your water breaks
- Your contractions are every 5 minutes for over an hour
- Your contractions are so strong you can't talk

★ Ideally, you will head to the hospital once you are in active labor, and will spend early labor laboring at home. Use the "511" Rule to determine if you are in active labor.

"511" RULE

You should head to the hospital when your contractions are coming regularly 5 minutes apart, each lasts about 1 minute, and they have been following this pattern for at least 1 hour.

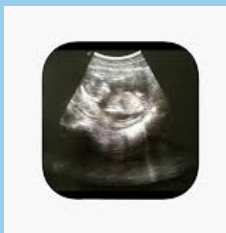


EARLY VS. ACTIVE LABOR

- Early Labor: lasts approximately 8-12 hours. Contractions will last 30-45 seconds with a 5-30 minute rest in between. Keep track of your contractions, and try to rest and conserve energy at home.
- Active labor: lasts approximately 6-10 hours. Contractions will be longer, stronger, and closer together. Contractions will last 45-60 seconds, with a 3-5 minute break between them. This is the time to head to the hospital and start using breathing methods and relaxation techniques.

TO TIME YOUR CONTRACTIONS:

It's important to keep track of your contractions. Try using one of these apps to help.



Full Term - Contraction Counter

Contraction Timer & Counter 9m

