



How do I know I'm in labour?

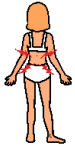
**Some** of these things will **happen** but some won't.



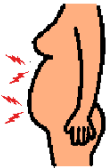
- You might see **blood** and **discharge** in your **underwear**.



- Your **waters** may **break**. This might be like you are going to the toilet or it may be a big **gush of water** like turning on a tap.



- You may have **back pain**.



- **Pains** in your **tummy** that come and go. These pains will **get worse**.

What shall I do?



- Try to **relax**.



- Try to look at the **clock** and see how **far apart** your **pains** are.



- Call **someone** in your family to **be with you**.



- Call your midwife or the hospital. They will **tell you** whether to go to the **hospital** or stay at **home**.



- Have a **bath**

### When you go to hospital



- If you have your **own notes**, take them **with you**.



- You will be taken to the **labour ward** or your room.



- You can change into a **hospital gown** or other clothes of your own. Choose **baggy clothes** because you will feel hot.

The midwife will ask you about how you are **feeling** and will examine you.

The midwife will:



- take your **pulse**



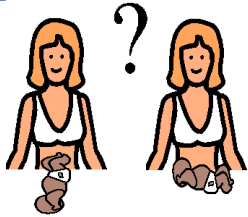
- take your **temperature**



- take your **blood pressure**



- **check** your urine



- **feel** your **tummy** to **check** the baby's **position**

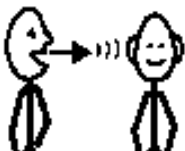


- **listen** to your baby's **heart**

- **check** your **private parts** to see if you are ready to have the baby



The midwife will **check** you **lots** when you are in labour.



If you have any **questions** you can **ask** your **midwife**.



If you have a **birth plan show** it to your midwife.