



**In early labor? If yes, it's better to stay at home for now.**



### When should I go to the Birthing Center?

At the beginning of labor, contractions often occur at irregular intervals. The frequency and intensity may decrease by simply changing your position. The labor may start, but it can stop spontaneously.

Afterwards, your contractions will become stronger and occur in regular time intervals. You will no longer be able to slow them down with any change in position. You will notice that the contractions will be increasingly uncomfortable and you will not be able to speak through them. At this point, it is time to go to the hospital.

If you lose amniotic fluid (i.e. break your water), even without pain, it is important to come to the Birthing Center.

### Why should I stay home if I am in early labor?

It is possible that labor may stop spontaneously. An early admission to the Birthing Center is associated with greater risk of complications such as a cesarean birth. For this reason, if you are comfortable, you can stay a little while longer at home.

### What can I do to relieve the pain?

In the comfort of your home with your partner/support person, your pain will be more manageable. You will be able to:

- Rest between contractions
- Listen to music or watch TV
- Change positions frequently
- Ask your partner/support person to gently rub/massage the affected pain areas between contractions
- Take a bath
- Apply heat or cold to the affected pain area
- Ambulate
- Sit on a birthing ball, if you have one

Everyone experiences labour differently. By trying various pain relief methods, you will be able to discover the one that is most helpful. When you feel the pain is getting stronger and think you would benefit from professional support, this is the time to present yourself at the hospital.

### If I do not present myself on time?

The labor that leads to the birth of a first baby takes several hours. It is highly unlikely that you will present yourself too late at the hospital. If it is not your first child, it is important to consider your previous labour and birth experience to help guide you to decide when it is the best time to go to the Birthing Center.

If you wish to have an epidural analgesia, the best time to get one is when it is too difficult to cope with the pain related to the labor. It is never too late... unless your baby is coming out.

### Is it normal to feel scared?

This is completely normal. It is an unknown situation that is difficult to prepare for. Trust yourself.

### You should come at the hospital if...

Even in the case of a normal pregnancy, there are situations when it is important to go to the Birthing Center for an evaluation:

- Decrease in baby's movements
- Vaginal bleeding
- If you believe you are in active labor
- Abdominal pain that persists between contractions
- Loss of amniotic fluid/break your water

### Risk Factors

If your doctor has told you that you have any of the following conditions, present yourself at the birthing center as soon as possible.

- Placenta previa
- Fetal growth restriction
- Hypertension during pregnancy
- Decreased amniotic fluid
- If you plan a vaginal birth after cesarean

**At any time, if you have any questions or concerns, you can contact the triage nurse in the Birthing Center.**

**She will answer your questions and guide you on what to do:**

**(514) 345-3511 extension 3406.**



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