

Early Labour	Active Labour
Contractions are usually irregular	Contractions are regular ex: 5-10 mins apart
Contractions vary in length ex: lasting 20-90 seconds	Contractions that are regular and last 30-60 seconds
The strength of contractions may vary from mild to medium	Intensity of contractions increases, becoming so painful you cannot talk through them

Suggestions to make you more comfortable during the "early labour" stage:

- Take a walk, gently move around, do some gentle stretching
- Get some sleep if possible – rest between contractions
- Listen to relaxing music
- Create a calm environment: dim lights, peaceful surroundings
- Get in the tub or shower
- Use cool cloths on your lower back or on your face/neck
- Use a rocking chair
- Meditate, gentle yoga
- Rock or sit on an exercise ball
- Slow dance with a partner

When you think you are in active labour OR if you are not coping well at home, you can call up to Labour & Delivery (705-876-5036) for advice, or make your way to the hospital.

In addition to the comfort measures listed above – once at the hospital you also have access to:

- Pain medication (Nubain) injected into your muscle
- Nitrous Oxide gas (laughing gas)
- Tub or shower
- Epidural
- Your support person(s) are welcome to join you in the birthing room

Call Labour & Delivery for further advice if you have:

- Bright red vaginal bleeding that is like a period (normal 'show' may be red, but is like spotting)
- Continuous leaking of fluid that runs down your leg when you're not wearing a pad
- Strong contractions every 5 minutes if this is your first baby or every 10 minutes if this is not your first baby