

Signs and Stages of Labor

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

Distributed by Molina Healthcare.
All material in this brochure is for information only. It does not replace your provider's advice.

To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.



MolinaHealthcare.com



Your Extended Family



Your Extended Family

There are many signs that your baby is **getting ready to be born.**

- Your water breaks. This can be a slow trickle or a big gush of water.
- You feel lower back pain and have cramps that do not go away.
- You have a bloody mucous discharge.
- Your contractions (uterus tightens) come more often and become stronger.
- Labor proceeds differently for each woman. Labor occurs in three stages.

Stage	Length of time	Signs and Symptoms
1	12-19 hours	This stage begins with contractions. It ends when your cervix (opening to your uterus) fully dilates. At the end of Stage 1, your contractions will become stronger, longer and closer together.
2	20 minutes – 2 hours	You will push during contractions. This stage requires a lot of energy. You will rest in between contractions. Your provider will monitor your baby. When your baby's head appears, your provider will tell you when to push and deliver your baby.
3	5-30 minutes	You will feel contractions and deliver the placenta (the organ that connects you to your baby). Your provider will make any needed repairs to tears.



Learning what to expect during labor and delivery can ease your concerns. You can prepare for your child's birth.

- Take a childbirth class. Ask your provider to suggest a class for you.
- Write down questions you may have and talk with your provider at your next visit.
- Ask your provider to give you information to read about childbirth.