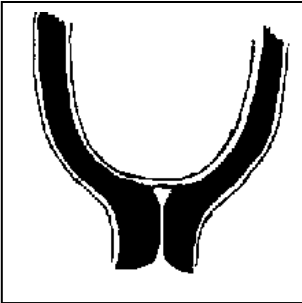


Stages of Labor & Delivery

Stage 1 Labor lasts 8 – 15 hours



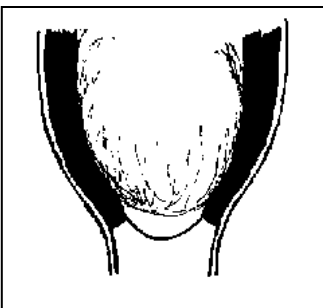
Before labor begins the cervix is long and thick.

During labor the cervix will thin out, called effacement and the opening will dilate from 0 to 10 centimeters in the following 3 stages.



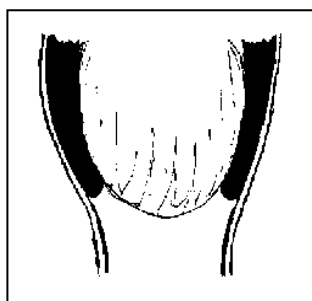
A. Early Labor – 0 cm – 4 cm.

Contraction may start slowly and randomly with contractions occurring 5 – 30 minutes apart. You can maintain normal activity and just relax. Eat and drink very lightly. Stay comfortable, time your contractions and let your provider know. Lasts 8 – 10 hours



B. Active Labor - 4 cm – 8 cm

Contractions are 2 – 5 minutes apart. You can rely on breathing techniques to get through each contraction. Have a focal point to look at, keep your eyes open so your mind is on the object, not the pain. The bag of water may still be intact. Lasts 3 – 4 hours



C. Transition – 8 cm – 10 cm

Contractions are closer together and the cervix will dilate to 10 cm in a short amount of time. They are the longest & strongest. May have the urge to push, nausea may occur and you might feel extremely hot or cold. Lasts 15 minutes – 1 hour.

Stage 2 Birth of Baby – lasts 15 minutes – 2 hours

Stage 3 Delivery of Placenta – takes 5 – 20 minutes