

b. Signs of Labour

MODULE 7

During the last few weeks of your pregnancy, your body will give you signs that your delivery is approaching. Here are a few signs that may indicate that your labour will soon begin.



It can be difficult to know whether or not what you feel is really labour. As your body prepares for labour, you may feel certain signs known as false labour. These signs are similar to true labour.

The following table can help you differentiate between true labour and false labour.

TRUE LABOUR AND FALSE LABOUR	
True labour	False labour
• Contractions are regular - about 15 to 20 minutes apart and last for about 15 seconds.	• Contractions are not regular - sometimes they are closer together and other times, they are further apart.
• Contractions gradually get closer together.	• Contractions remain far apart.
• Contractions gradually get stronger and longer.	• Contractions remain about the same strenght.
• Contractions are felt more in the back or lower abdomen.	• Contractions feel like the abdomen is tightening around the baby.
• Contractions get stronger even when you walk or change activity.	• Contractions stop when you walk of change activity.

Find out in advance whether you should call your health care provider or a triage nurse when you are wondering if you are really in labour.