

c. Departure

MODULE 7

Your health care provider will give you advice about when you should go to the hospital.



Generally, you should go to the hospital if one of the following situations occur.

- If your waters have broken (rupture of the membranes)
- If you have vaginal bleeding
- If your contractions are five minutes apart and the hospital is located less than 30 minutes away.
- If your contractions are 10 minutes apart and the hospital is located more than 30 minutes away.
- If you have lasting persistent pain.

When in doubt, call the labour and delivery ward at the hospital.

How to Time a Contraction

- Use a watch with a second-hand and count the seconds out loud.
- Note the time when a contraction begins. Note the time when the contractions ends. This is the **length** of the contraction.
- Note the time when the next contraction begins. The time between the beginning of one contraction and the beginning of the next contraction is the **frequency** or how far apart the contractions are .

The following diagram will help you time a contraction.

