

# 了解临产迹象

## Know the Signs of Labor

Learn the signs of labor so that you know when to call your doctor and go to the hospital for delivery.

了解临产迹象，以便知道该何时致电医生并去医院分娩。

### Mucus plug

Some women have a release of cervical mucus that may have a slight pink color, or blood-tinged. This is called **passing a mucus plug or a bloody show**. This may be a sign that your body is preparing for delivery, but you do not need to call your health care provider.

### 粘液栓

一些女性分泌的宫颈粘液可能略带粉红色或血色。这又被称为**粘液栓排出或见红**。这可能表明您的身体正在准备分娩，但您无需致电医护人员。

### Rupture of membranes (water breaks)

Rupture of membranes is the medical term for your water breaking. This is your amniotic fluid. It can be a gush or a slow trickle and should be a clear, slightly yellow color.

Often, a woman will go into labor soon after her water breaks. If this doesn't happen, your health care provider may talk with you about helping your labor along with medicine.

If you think your water has broken, call your doctor and go to the hospital. Do not take a bath or put anything into your vagina. You may wear a pad.

### 膜破裂 (破羊水)

膜破裂是破羊水的医学术语。意指您的羊水流出。它可能是涌出或缓慢滴流，羊水应是略带黄色的透明颜色。

通常女性在羊水破裂后会很快分娩。如果未分娩，医护人员可能会与您讨论如何利用药物助产。

如果您认为羊水已破，请致电医生并前往医院。请勿洗澡或将任何东西放入阴道。您可以垫上护垫。

## Contractions

Contractions are the tightening and relaxing of muscles in the uterus. When labor starts, these muscles tighten and relax at a regular pace. They will get closer together and stronger, letting your body know that your baby is about to be born.

Sometimes, these muscle contractions are not regular, and they start and stop. They do not seem to get stronger and closer together, but stay about the same intensity. Your health care provider may describe these contractions as Braxton-Hicks or signs of false labor. These contractions are normal but can be uncomfortable.

### False Labor Contractions

- Contractions are not regular
- Contractions stay about the same
- Contractions go away while resting

### True Labor Contractions

- Contractions happen at regular times apart
- Contractions get stronger and closer together
- Contractions keep going while lying down

If you can no longer walk or talk through contractions, call your health care provider.

## 宫缩

宫缩是子宫肌肉出现紧缩和放松的现象。开始分娩时，子宫肌肉会按一定规律收紧和放松。宫缩会变得更密集、更强烈，提醒您的身体胎儿即将出生。

有时宫缩并不规律，可能时有时无。或者并没有越来越强烈和密集的趋势，而是维持相同的强度。医护人员可能会将此类宫缩描述为生理性宫缩或假宫缩。这种宫缩属正常现象，但可能带来不适。

### 假宫缩

- 宫缩不规律
- 宫缩保持不变
- 休息时宫缩消失

### 真宫缩

- 宫缩以一定的规律发生
- 宫缩逐渐变得更强烈和更密集
- 平躺时宫缩仍然持续

如果您由于宫缩而无法行走或说话，请致电医护人员。

## 5-1-1 Rule

If contractions are happening every 5 minutes for the past hour and are at least 1 minute long, then you should go to the hospital.

### You may need to go sooner than ‘5-1-1.’ Call your doctor or midwife if you:

- Vomit with contractions
- Feel rectal pressure
- Are unable to walk or talk through contractions
- Think your water has broken
- Have vaginal bleeding
- Tested positive for Group B Strep and need time to get antibiotics at the hospital
- Progress quickly (Call 911 and get into a side-lying position if you are having an extremely fast labor!)

### Before 37 Weeks

If you are having regular contractions (4 to 6 in one hour) before 37 weeks of pregnancy, call your health care provider right away.

**Talk to your doctor or midwife if you have any questions or concerns. Your doctor or midwife may give you different instructions.**

## 5-1-1 规则

如果在过去一个小时中每 5 分钟发生一次宫缩，每次宫缩至少持续 1 分钟，请前往医院就诊。

### 您可能需要在“5-1-1”现象之前就前往医院。如果您出现以下情况，请立刻致电医生或助产士：

- 宫缩呕吐
- 感觉直肠压力
- 宫缩时无法行走或说话
- 认为您的羊水已破
- 阴道出血
- B 组链球菌检查阳性，需要时间在医院购买抗生素
- 快速分娩进程（如果您的产程进展非常快，请拨打 911 并侧卧！）

### 37 孕周之前

如果您在孕 37 周之前出现规律的宫缩（一小时内发生 4 至 6 次宫缩），请立即致电医护人员。

如果您有任何疑问或疑虑，请咨询医生或助产士。医生或助产士也可能会给您不同的指示。