

瞭解分娩跡象

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.

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.

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.

瞭解分娩的跡象，以便知道何時致電給您的醫生，並前往醫院生產。

粘液栓

一些女性分泌的宮頸粘液可能略帶粉紅色或血色。這被稱為**粘液栓排出或見紅**。這可能表明您的身體正在準備分娩，但您無需致電醫護人員。

羊膜破裂 (破羊水)

羊膜破裂是破羊水的醫學術語。意指您的羊水流。它可能是湧出或緩慢滴流，羊水應是略帶黃色的透明顏色。

通常，女性在羊水破裂後會很快分娩。如果未分娩，醫護人員可能會與您討論如何利用藥物助產。

如果您認為羊水已破，請致電醫生並前往醫院。不要洗澡或將任何東西放入陰道。可墊一塊衛生棉。

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.

宮縮

宮縮是子宮肌肉出現緊縮和放鬆的現象。開始分娩時，子宮肌肉會按一定規律收緊和放鬆。宮縮會變得更密集、更強烈，旨在提醒您的身體胎兒即將出生。

有時宮縮並不規律，可能時有時無。或者並沒有越來越強烈和密集的趨勢，而是維持相同的強度。醫護人員可能會將此類宮縮描述為生理性宮縮或假宮縮。這種宮縮屬正常現象，但可能帶來不適。

假宮縮

- 宮縮不定時
- 宮縮保持不變
- 休息時宮縮消失

真宮縮

- 宮縮定時發生
- 宮縮越來越頻繁，逐漸變得更加疼痛
- 平躺時宮縮仍然持續

如果您由於宮縮而無法行走或說話，請致電醫護人員。

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 規則

如果在過去一個小時中每 5 分鐘發生一次宮縮，每次宮縮至少持續 1 分鐘，請前往醫院。

您可能需要在「5-1-1」現象之前就前往醫院。如果您出現以下情況，請立刻致電醫生或助產士：

- 宮縮嘔吐
- 感覺直腸壓力
- 宮縮時無法行走或說話
- 認為羊水已破
- 陰道出血
- B 型鏈球菌檢查陽性，需要時間在醫院購買抗生素
- 快速分娩進程（如果您的產程進展非常快，請撥打 911 並側臥！）

37 孕周之前

如果您在孕 37 周之前出現規律的宮縮（一小時內發生 4 至 6 次宮縮），請立即致電醫護人員。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。醫生或助產士也可能會給您不同的指示。