

Am I ready to give birth? Signs of labor checklist

Am I ready to give birth? Signs of labor checklist

You probably think it'll be obvious when you go into labor, but it isn't always what you see in the movies. Here are a few signs of labor to look out for.

- Regular contractions or tightenings. They might feel like really intense period pains.
- Backache—contractions don't just happen in in the bump area.
- Mucus or jelly-like stuff in your panties—this is called a “show”.
- A sudden urge to use the restroom. This is caused by the baby's head pressing down on your bowel.
- Your waters breaking. This might not happen before labor. But if it does call the hospital ASAP.
- Call the hospital ASAP if you're unsure or worried about anything. For example, if you're bleeding or your baby is moving less than usual.
- Don't forget to have your hospital bag packed and ready to go! **See our checklist of essentials to include** [1].

Source URL: <https://www.babyandme.nestle.info/prenatal/signs-of-labor>

Links

[1] <https://www.babyandme.nestle.info/node/682466>