

Signs of Labor

Learn the signs labor so that you know when to call your doctor and go to the hospital for delivery. If you have any signs of labor before 36 weeks or 9 months of pregnancy, **call your doctor right away**.

The signs of labor are contractions and rupture of membranes.

Contractions

Contractions occur when the muscles of the uterus tighten and relax as the uterus prepares for delivery.

- **False Labor Contractions**

These often occur during the last month of pregnancy. They:

- Are irregular.
- Do not get closer together and may stop after an hour or so.
- Are not often felt in your back.
- Stop with walking.
- Do not get more painful over time.
- Do not cause the cervix to change.

- **True Labor Contractions**

- Occur at regular times and last 30-60 seconds.
- Get closer together and more painful over time.
- May be felt in the lower back and lower abdomen.
- Continue or increase with walking.
- Help the cervix to soften, thin, and open for delivery.

Kokole ko ekijien Iien Kalotak

Katak Kokole ko ekijien Iien Kalotak bwe kwon jele net eo ekkor bwe kwon kir lok Takto eo im ilok non Jikin Eymour eo (hospital) nan am kalotak lok Ninnin eo nejom. Elane kwoj elolo jabdewot Kokole ko ekijien Iien Kalotak eo am mokta jen 36 Wiik ak 9 Alin in am Bororo, **inem kir lok Takto eo am Kio Kio Wot**.

Kokole ko ekijien Iien Kalotak rej walok ainwot kankan ko ilo Lojem im elane erup Bak eo ak Kil ko Iloam.

Kankan ko ilo Lojem ak Kolo ko

Kankan ko ilo Lojem rej walok ilo an kankan Majel ko ilo Jikin Ninnin eo Ilowam im rej kankan inem kakije ilo aer bojak in jermal non Kalotak en am (your delivery).

• **Riab in Kankan ko ilo Lojem ak Kolo in Kalotak**

Wawin kein rej walok ilo Alin en eliktata in am Bororo. Rej:

- Walok ilo jabdewot Iien.
- Rejab walok ilo aer ekutkut iben dron ak rej maron bojak elikin juon im men Awa.
- Metak ko rejab kain walok ilo Drilib eo.
- Rej bojak ilo am etetal.
- Rej jab walok ilo aer nana lok ilo an wonmanlok am Bororo.
- Rejab koman ukotak ko ilo Jikin Ninnin eo Iloa.

• **Mool in Kankan ko ilo Lojem ak Kolo in Kalotak**

- Rej jetjet Awa in aer walok im rej 30-60 jekon aetokaer.
- Rej ekutkut iben dron im elap lok an Metak ilo aer walok jen mokta.
- Rej maron walok tu lol in Drilib en im Kabin Lojem barainwot.
- Rej wonmanlok wot ak rej maron elap lok ilo am etetal.
- Ej jiban Kejem en an Jikin Ninnin eo (cervix) bwe en bedrudru lok, meni lok, im bwe en elap lok an bellok non am kalatok Ninnin en.

- **What to Do**

If you think you are in labor:

- Rest, if possible, on your left side.
- Eat or drink only light foods.
- Time your contractions with a watch. If one contraction starts at 9:10 and the next starts at 9:16, they are 6 minutes apart.
- Call your doctor, clinic or hospital when contractions are:
 - 5 minutes apart for 2 hours for the first pregnancy
 - 5 minutes apart for 1 hour for other pregnancies
 - As directed by your doctor or clinic.
- Go to the hospital.

Rupture of Membranes

Rupture of membranes, called water break, is the trickle or gush of fluid from the vagina after the bag of fluid around the baby breaks. The fluid is often clear, but it may be white or green. The bag of water can break at any time. It may break before you feel any contractions and may leak during a contraction.

- **What to do**

- 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.

Talk to your doctor or nurse if you have any questions or concerns.

- **Ewor Ta Kwoj Aikwoj Komman**

Elane kwoj lomnak ke ejetjet Iien am kalotak Ninnin eo Kio:

- Kakije, elane kwoj maron, babu ulul ion Tu Anmiin.
- Jidik wot am Idak im mone Mone ko rej mera wot.
- Bonbon lok Kankan ko ilo Lojim ak Kolo ko kin juan waj. Elane ej jino juon Kankan ilo 9:10 im Kankan en juon tokailik ej jino ilo 9:16, alikar ke rej 6 Minot kotaer jen dron.
- Kir lok Takto eo, Jikin Ejmour eo am (clinic or hospital) elane Kankan ko rej:
 - 5 Minot kotaer jen dron iomin 2 Awa ekijien juon wot Alin an Kore eo Bororo
 - 5 Minot kotaer jen dron iomin 1 Awa ekijien Bororo ko jet tokailik
 - Ainwot an Takto eo am ak Jiken Ejmour (doctor or clinic) eo am kar kalikar lok non Euk.
- Ilok non Jiken Ejmour eo (Hospital).

Ilo an rup Ja ko (Rupture of Membranes)

Ilo an rup Kil ko rej komman Wawin Ja eo (Rupture of membranes), rej ba ke erub Baak In Dren eo, ej walok jidik ak elap dren ej tor jen Jikin Ninnin eo elikin an rup Baak in Dren eo ej kobool Ninnin eo Ilowa. E ka an Dren eo ej toor Edreo, ak emaron bar Mouj ak Maroro. Baak in Dren eo ej maron rub ilo jabdewot Iien. Ej maron rub mokta jen am jino enjake an walok Kankan ko ak Kolo ko im ej maron toor jidik dren ilo Iien Kankan ko im am Kolo.

- **Ewor Ta Kwoj Aikwoj Komman**

- Elane kwoj lomnok ke Dren eo am emwoj an rup, kir lok Takto im ilok non Jiken Ejmour eo (Hospital).
- Kwon jab tutu ak likot jabdewot ilo an Ron in Jiken Ninnin eo (vagina).
- Kwoj maron kajerbal Tete drot en ejab ber Ilowa (pad).

Konono iben Takto eo am ak Noj eo am elane ewor jabdewot am Kajitok, Ueta, ak Enebata.

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