

# Back Ache

Restless back pain that comes and goes,  
Also feel uneasy or restless.

# Cramps

Mild to moderate cramps in lower abdomen,  
like menstrual cramps.

# Diarrhea

Frequent, soft bowel movements, may have  
intestinal cramps or an upset stomach

# Nesting urge

Sudden burst of energy, need to get things done.  
Your behavior may seem reasonable to you, but  
seem strange to others

# Nausea

Upset stomach. May vomit.

# Brownish discharge

Brown discharge from vagina.  
Looks like old blood, like the end of a period.

# Non-progressing contractions

Felt mostly in the belly. Regular contractions happen every ten minutes for a few hours, but don't get any longer or harder to cope with.

# Irregular contractions

Your belly tightens from time to time – feels firm like a basketball, but not uncomfortable.  
No predictable pattern,  
not getting any harder.

## Contractions in 5-1-1 pattern

Less than 5 minutes apart  
More than 1 minute long  
You've had that pattern for  
longer than 1 hour

## Progressing contractions

Contractions felt in back and belly.  
Over time get  
longer, stronger, closer together.

## Water breaks

Rupture of membranes leads to a gush of  
amniotic fluid from the vagina.

## Cervix at 5 cm

During a vaginal check, your caregiver finds that  
your cervix is dilated beyond 4 cm

# Leaking fluid

Underwear is damp – small amount of fluid has been leaking

# Bloody show

Discharge from vagina. May be slippery fluid, mucus plug, or mucus tinged with blood.