

How would you know that you have started getting true labour pains
(Preterm or full term)



1. You may start having increased vaginal discharge which is blood stained or have actual bleeding noticed. This happens when cervix opens. Along with this you start feeling hardening of abdomen which is because of uterine contractions.
2. Uterine contractions once started will occur at regular intervals with increasing frequency and intensity which depends on the stage of labour. The pain starts from back, moves in front & radiates to inner side of thigh.
3. Between contractions abdomen feels relaxed, as uterus relaxes, this is normal feature.
4. There may be a feeling that uterine height reduces, abdominal size reduces.
5. With progress of labour the baby if in suitable position continues moving down.
6. False labour pains are when the abdominal hardening felt is not at regular intervals, you may not feel pain, or at times they may be painful. The pain may be back pain or lower abdominal pain.
7. Onset of labour also is considered when you have profuse watery discharge because of rupture of bag of water suddenly or slow leak. Now the above said uterine contractions will begin.
8. Many days before regular labour pain starts, one may have irregular contractions or abdominal hardening felt more frequently painful at times, pain in lower abdomen, with associated increased sticky vaginal discharge, often pinkish.
9. You should reach hospital when you have either of symptoms of labour pains.

Dr. Divyesh Shukla
Dr. Shilpi Shukla