

### Monitoring progress of labour after admission



1. Nurse, assistant doctor or doctor will carry out abdominal & vaginal examination to assess progress of labor. Abdominal examination is to know head descent, vaginal examination is to check dilation of cervix, feel the bag of waters, rupture them as & when required, and to assess head descent & rotation.
2. You may walk during the first stage of labour & walk to the toilet; this is not permitted in 2nd stage of labour.
3. This examination is carried out at a frequency of 30 minutes to 6 hours, as required.
4. More you keep relaxed during these examinations less you feel pain.
5. You may start actively pushing down as soon as you are in 2nd stage of labour, head is in perineum. You may involuntarily pass urine & stool while pushing down baby in 2nd stage of labour.

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