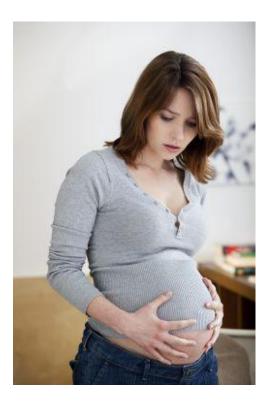


## Monitoring progress of labour after admission







- 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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