

**East Carolina University School of Medicine
Department of Family Medicine
Eastern Carolina Family Practice Center**

SIGNS AND SYMPTOMS OF LABOR

TRUE LABOR

1. Contractions remain even with walking or changing position.
2. Contractions get stronger, come more often and last longer.
3. May have bloody show
4. If your bag of water breaks or starts leaking, go to the hospital even if you are not having contractions.

FALSE LABOR

1. Also called Braxton-Hicks contractions, they may stop with walking.
2. Contractions are irregular, not strong or lasting.
3. Usually no bloody show
4. Contractions should stop

If you think you may be in labor, get up and walk around.
If the contractions increase or become harder you may very well be in labor.
If the contractions stop, it was probably false labor.

**Yellow Module 816-4658
Orange Module 816-4659
Green Module 816-4619
Blue Module 816-4681**

