

EARLY LABOR RECORD

Time Contraction Started:	Time Contraction Ended:	How Many Seconds Contractions Lasted:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Rupture of Amniotic Membranes ("Bag of Water")

Time: _____ Color of Fluid: _____

Doctor/Nurse Midwife: _____ Phone Number: _____

When you call your doctor/nurse midwife, he or she will want to know:

- How long are your contractions?
- How far apart are your contractions?
- How strong are your contractions?
- When did they start?
- Have the amniotic membranes broken?
- Have you had any "bloody show"?
- Have you had anything to eat since labor started?

How to time contractions:

1. Use a watch/clock with a second hand.
2. Place fingertips on the top of the uterus (fundus).
3. As a contraction begins, pressure will be felt under the fingertips. Note the time.
4. The contraction will get stronger, reach a peak, then slowly diminish. Note the time the contraction ends.
5. The frequency of contractions is the time between the beginning of one contraction to the beginning of the next contraction.
6. The duration of a contraction is how many seconds the contraction lasts.



The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.