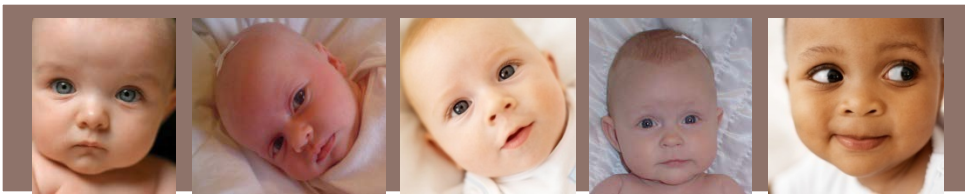


The Birth Process

Labor, Delivery, & the Postpartum Period

False Labor

- ▶ **Braxton Hicks contractions.**
 - ▶ Mild Contractions that aren't causing your cervix to dilate
- ▶ While true labor contractions get longer, stronger, and closer together as time goes on, false labor contractions tend to be:
 - ▶ **Irregular:**
 - ▶ Sporadic, have no predictable pattern, and usually stop if you rest or change positions.
 - ▶ **Felt in your belly and your groin**
 - ▶ True labor contractions usually "wrap around" from your back to your belly.



The Birth Process

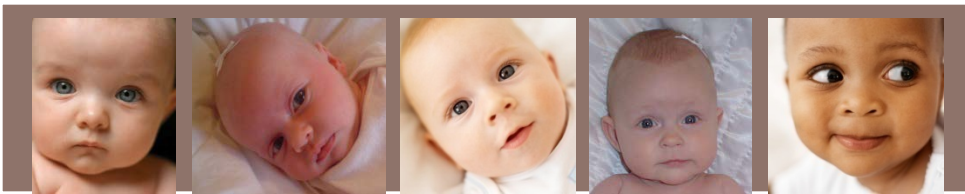
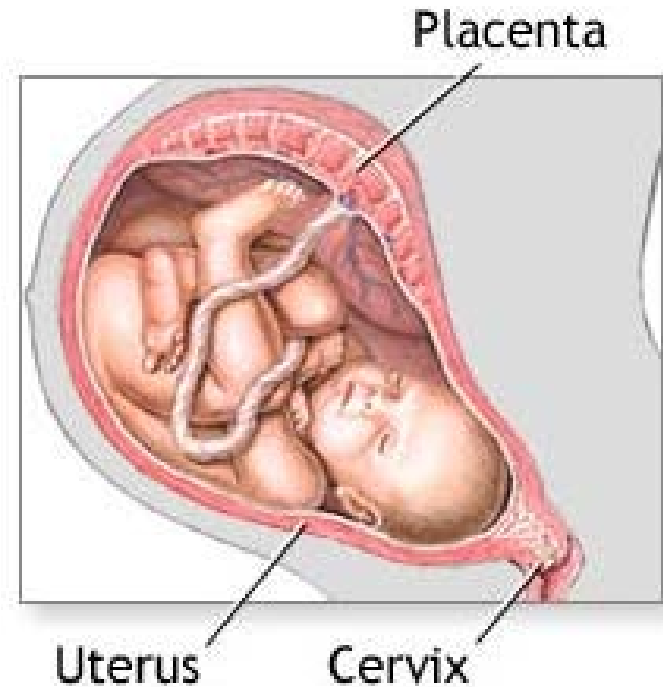
Labor May Be Nearing If . . .

► **Lightening:**

- Babies head drops into the pelvis

► **Diarrhea:**

- Looser than normal stool near the due date may indicate labor is imminent

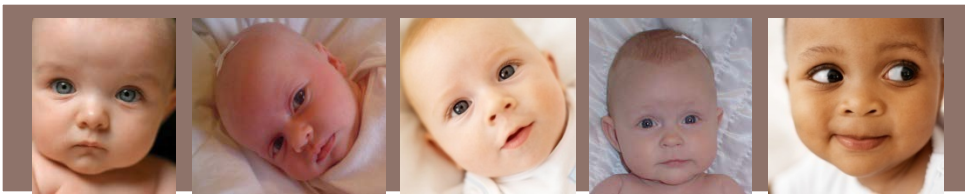
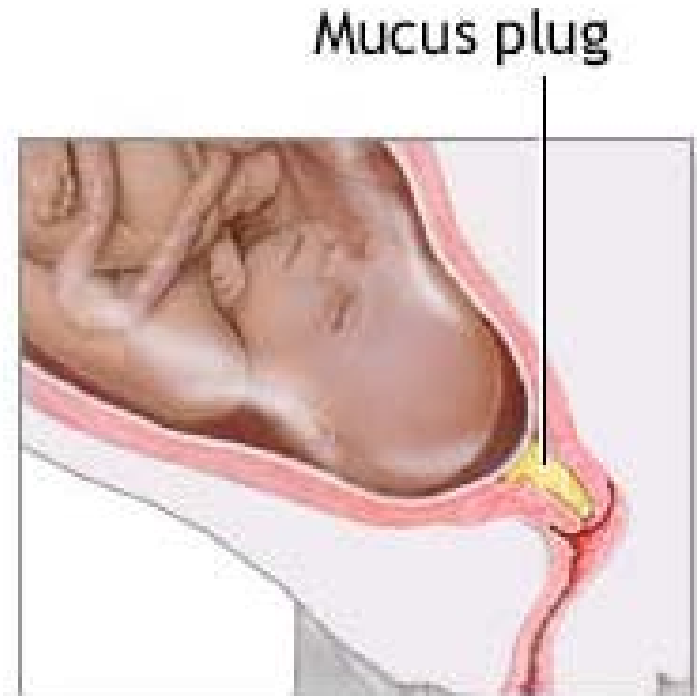


The Birth Process

Labor May Be Nearing If . . .

▶ **Bloody show:**

- ▶ Blood-tinged or brownish vaginal discharge
- ▶ Cervix has dilated enough to expel the mucus plug
- ▶ Active labor may still be days away



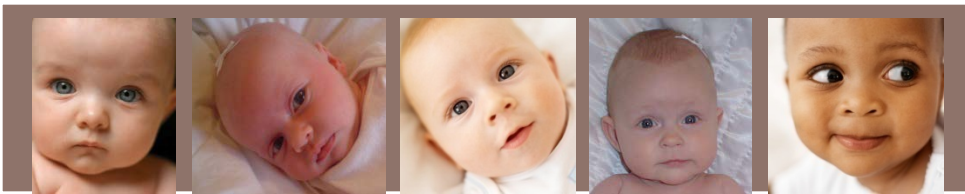
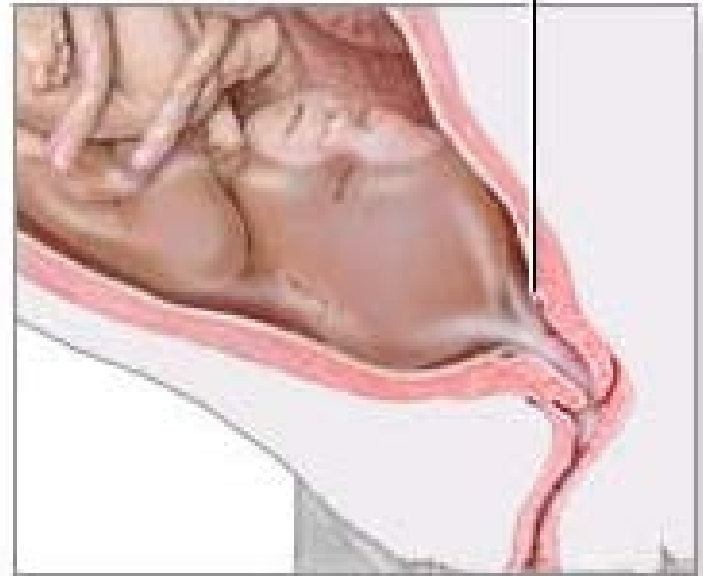
The Birth Process

Labor May Be Nearing If . . .

► **Your water breaks:**

- Fluid leaking from your vagina in a trickle or a gush.
- Contractions follow shortly thereafter
- If contractions don't begin on their own within 24 hours, mother will need to be induced

Ruptured amnionic sac

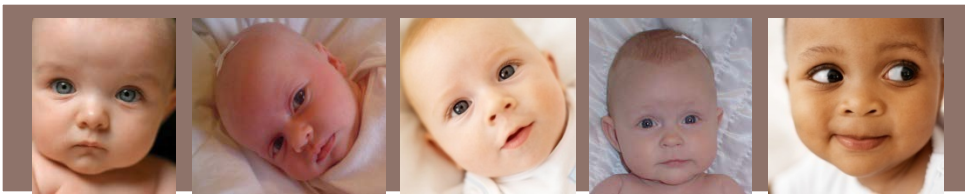


The Birth Process

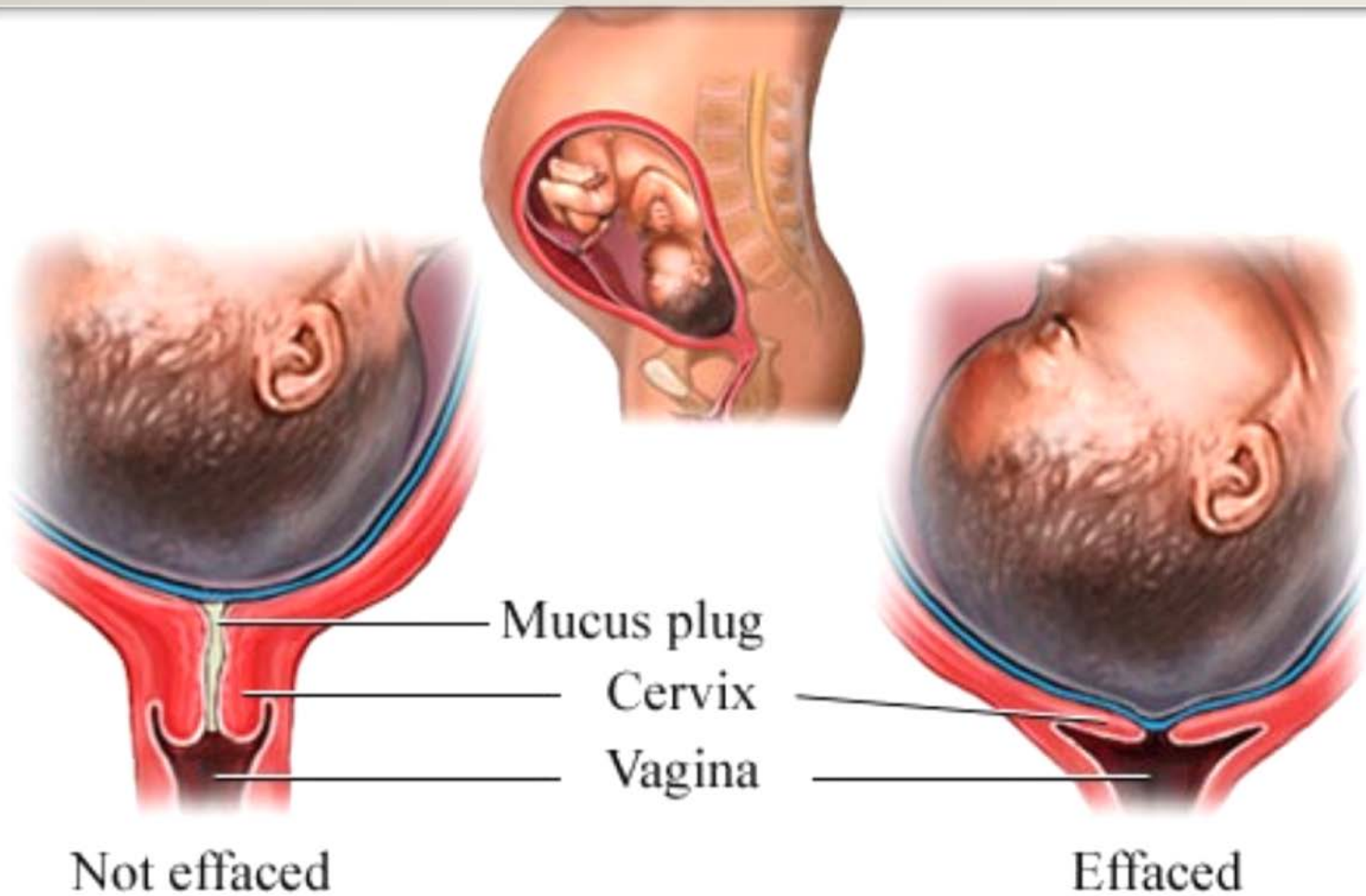
Labor Stage 1: Early Labor Phase

From the onset of labor until the cervix is dilated to 3 cm.

- ▶ *Lasts approximately 8-12 hours*
- ▶ *Cervix will begin to efface—thin & soften*
- ▶ **Contractions will:**
 - ▶ Last about 30-45 seconds with 5-30 min of rest in between contractions
 - ▶ Typically mild, somewhat irregular, but progressively stronger and closer together
 - ▶ Feel like aching in your lower back, menstrual cramps, and pressure or tightening in the pelvis area
- ▶ *Your water may break*



The Birth Process



Uterus
between
contractions



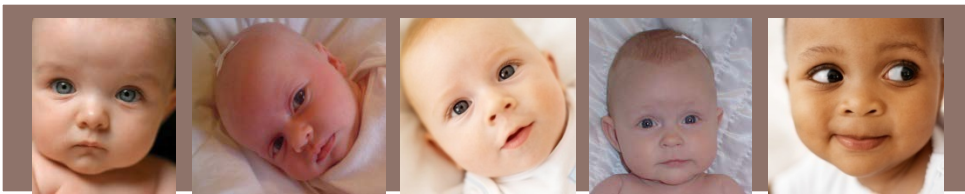
Uterus
during
contractions



Labor Stage 1: Active Labor Phase

Continues until the cervix is dilated to 7 cm

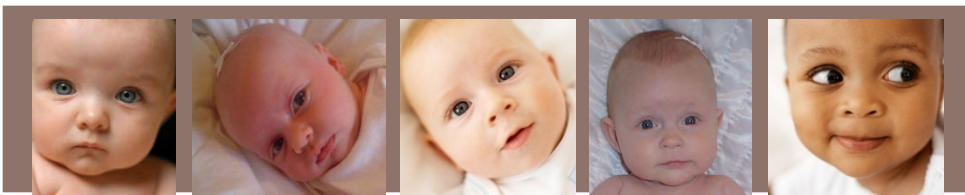
- ▶ Duration will last about 3-5 hours
- ▶ Your cervix will dilate from 4cm to 7cm
- ▶ Contractions
 - ▶ Last about 45-60 seconds with 3-5 minutes rest in between
 - ▶ Contractions will feel stronger and longer
- ▶ This is usually the time that you head to the hospital or birth center



The Birth Process

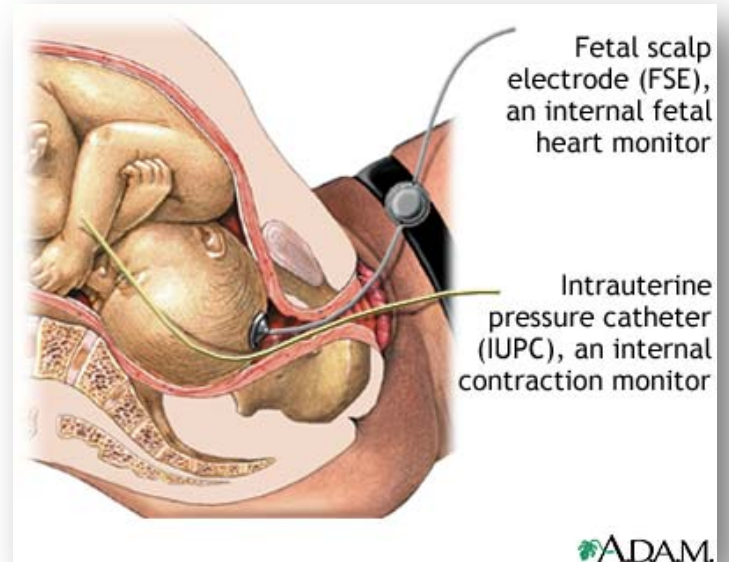
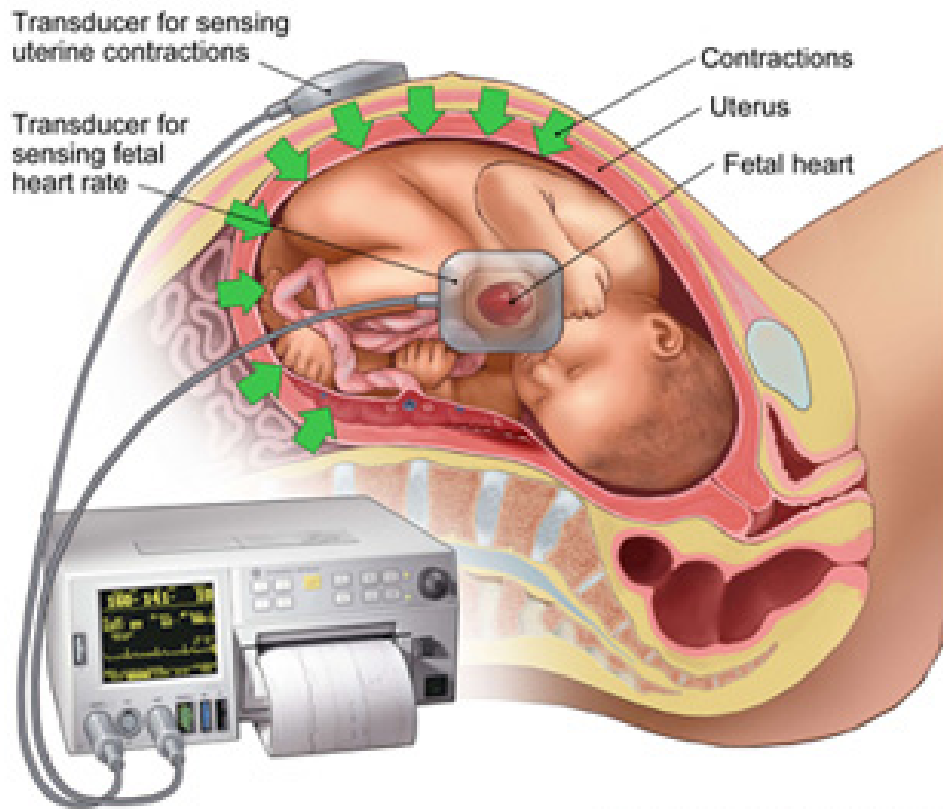
What happens when I get to the hospital?

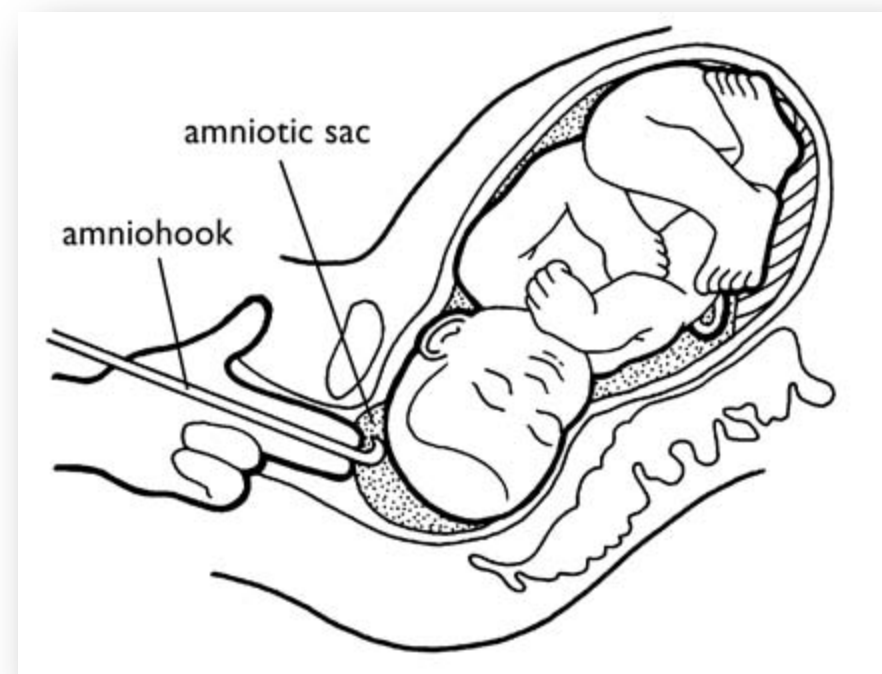
- ▶ Take urine and blood samples
- ▶ Check Vitals
- ▶ Begin Fetal Monitoring
- ▶ Perform an abdominal and vaginal exam
 - ▶ Feel belly to assess your baby's position and estimate his size
 - ▶ Speculum exam to see whether the bag of water ruptured or if amniotic fluid is leaking
 - ▶ Pelvic exam to check your cervix for dilation and effacement and to feel how low the baby is.
 - ▶ Either send home (if still in early labor) or Admit if in Active labor



The Birth Process

External Fetal Monitor

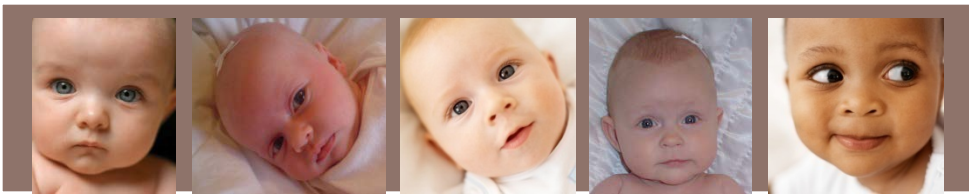




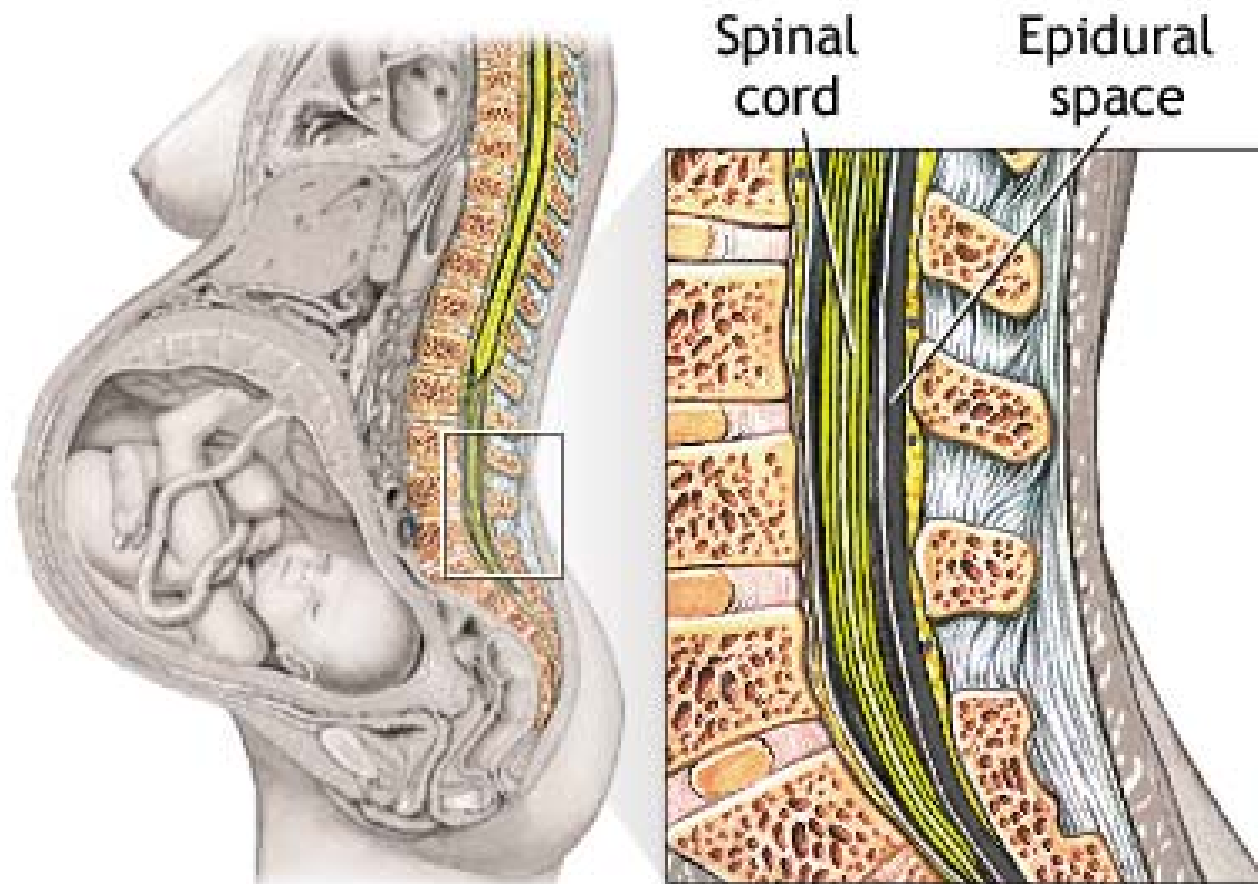
Labor Stage 1: Anesthesia

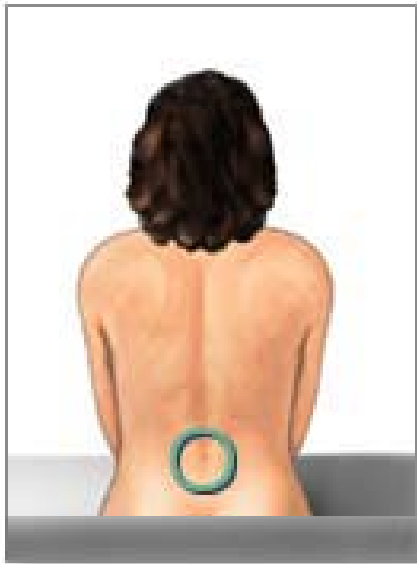
▶ Epidural

- ▶ Most common pain relief
- ▶ Goal is to provide pain relief without total loss of feeling
- ▶ Given in spinal sheath
- ▶ Allows you to rest but remain alert during delivery
- ▶ You may experience the following side effects: shivering, ringing of the ears, backache, soreness where the needle is inserted, nausea, or difficulty urinating
- ▶ Can not be given until you have dilated to a 4

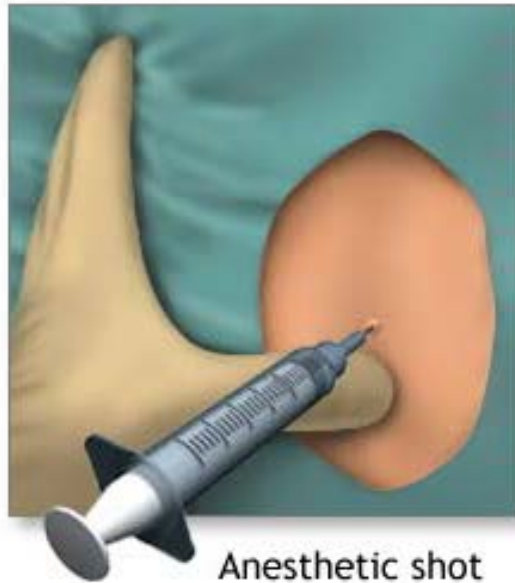


The Birth Process

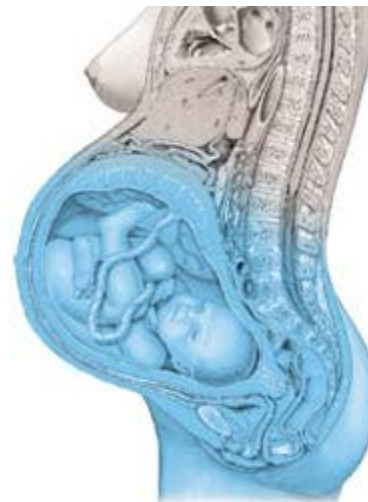
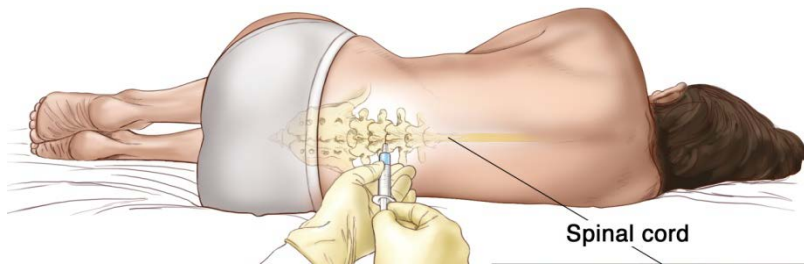
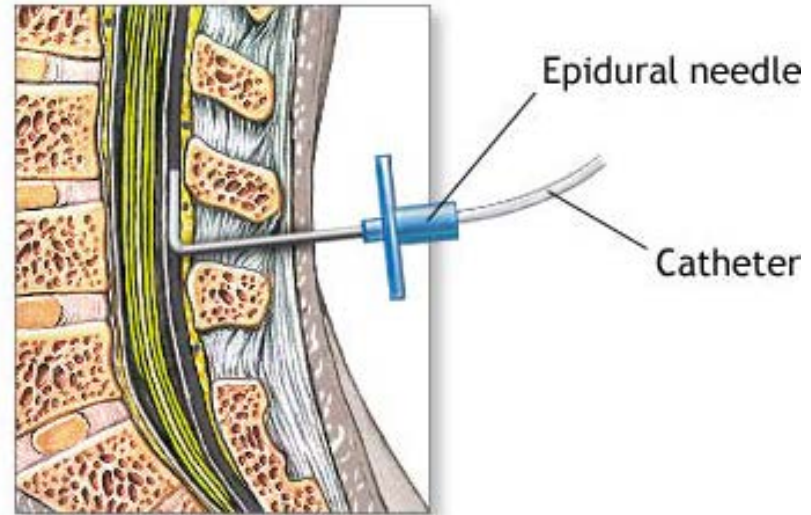




Injection site



Anesthetic shot

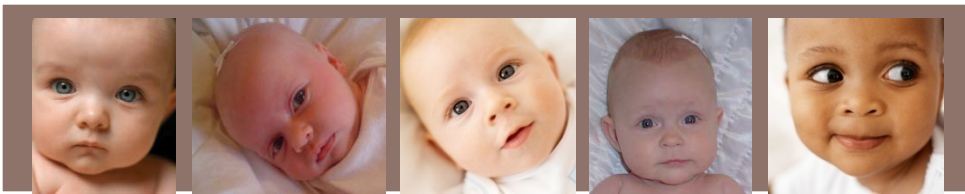
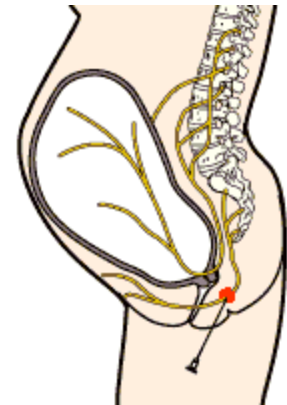
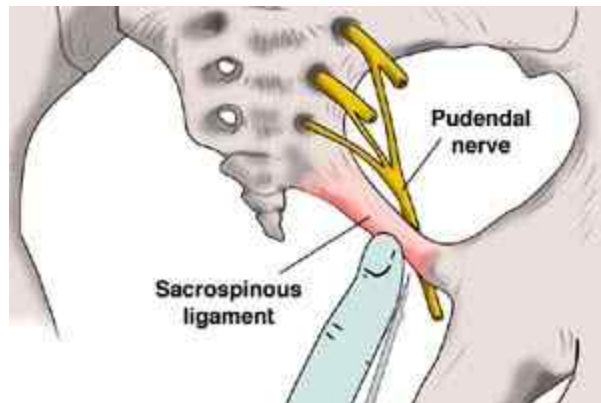
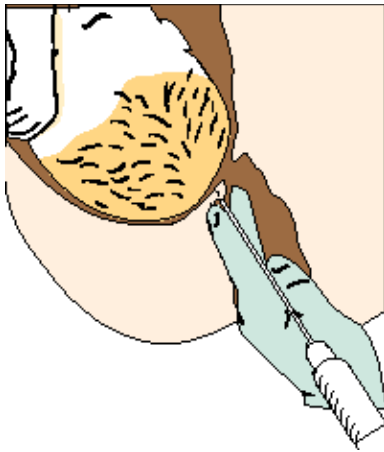


General area
of numbness

Labor Stage 1: Anesthesia

► Pudendal Block

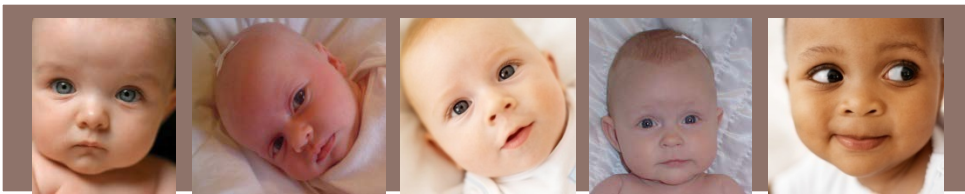
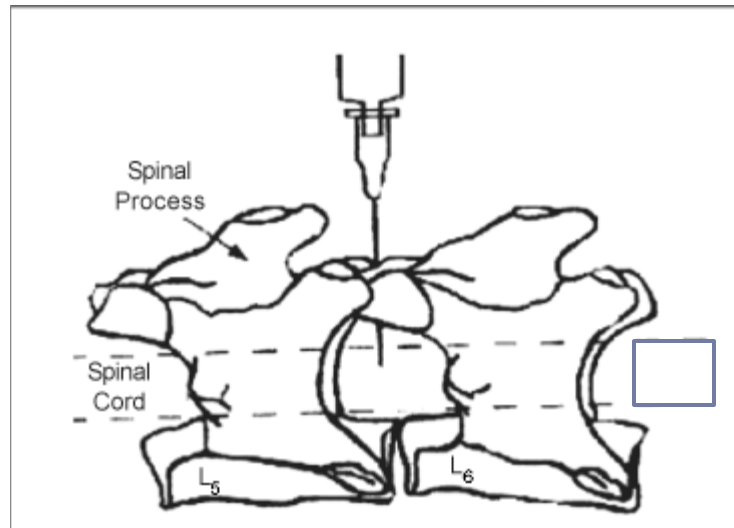
- Can be given later in birth process
- Relieves pain around the vagina and rectum
- Can effect the baby



The Birth Process

Labor Stage 1: Anesthesia

- ▶ **Spinal Block**
 - ▶ One shot in the spine
 - ▶ Pain relief for up to 2 hours

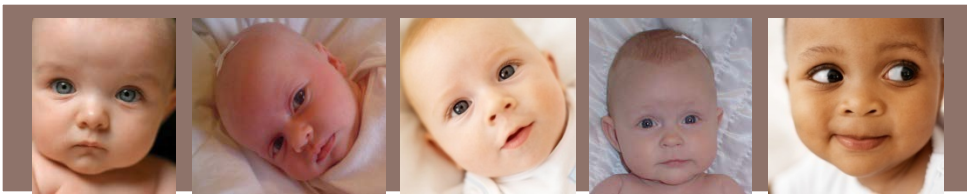


The Birth Process

Labor Stage 1: Transition Phase

Continues until the cervix is fully dilated to 10 cm.

- ▶ Duration will last about 30 min-2 hrs
- ▶ *Your cervix will dilate from 8cm to 10cm*
- ▶ **Contractions**
 - ▶ *Last about 60-90 seconds with a 30 second-2 minute rest in between*
 - ▶ *Contractions are long, strong, intense, and may overlap*
 - ▶ *This is the hardest phase but thankfully the shortest*
- ▶ *You may experience hot flashes, chills, nausea, vomiting, or gas*

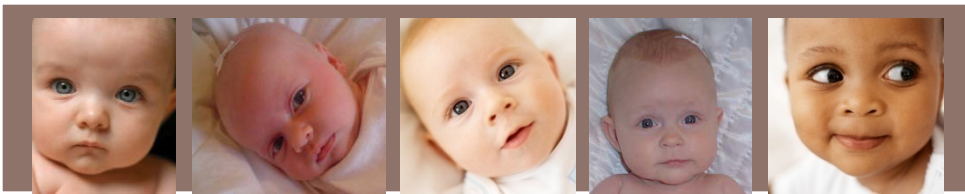


The Birth Process

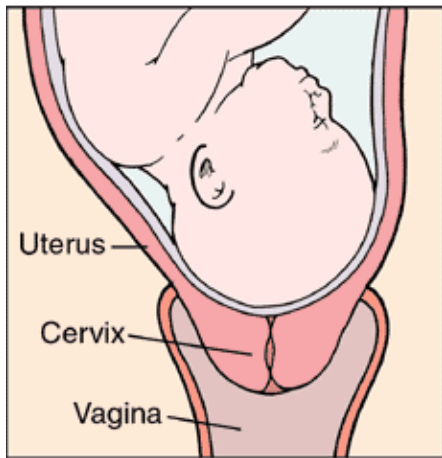
Labor Stage 2: The Mother

Continues after the cervix is dilated to 10 cm until the delivery of your baby.

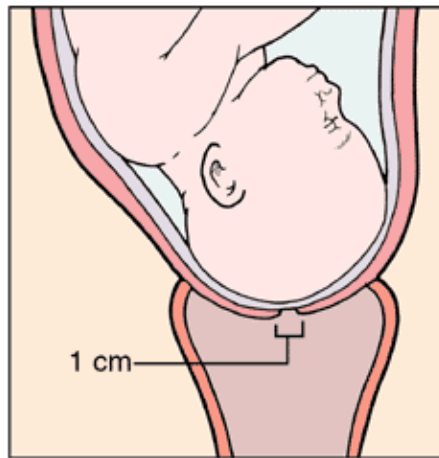
- ▶ *Up to this point the body does all the work now it is time to PUSH!*
- ▶ *Lasts from 20 min- 2 hours*
- ▶ *Contractions*
 - ▶ Last about 45-90 seconds with a 3-5 minute rest in between
 - ▶ You will have a strong natural urge to push and strong pressure at your rectum
 - ▶ You will likely have a slight bowel or urination accident
- ▶ *Your baby's head will eventually crown* (become visible)
 - ▶ You will feel a burning, stinging sensation and you will be instructed not to push



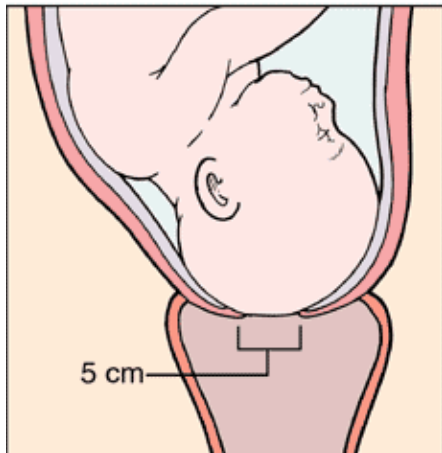
The Birth Process



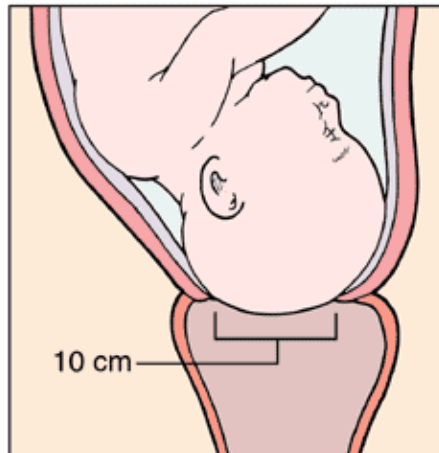
1. Cervix is not effaced or dilated.



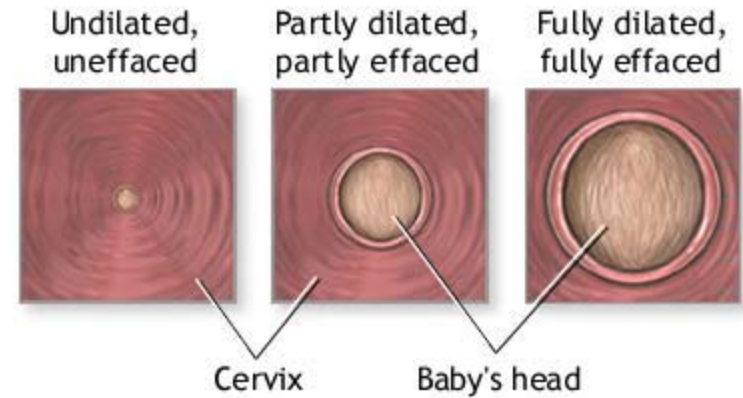
2. Cervix is fully effaced and dilated to 1 cm.



3. Cervix is dilated to 5 cm.

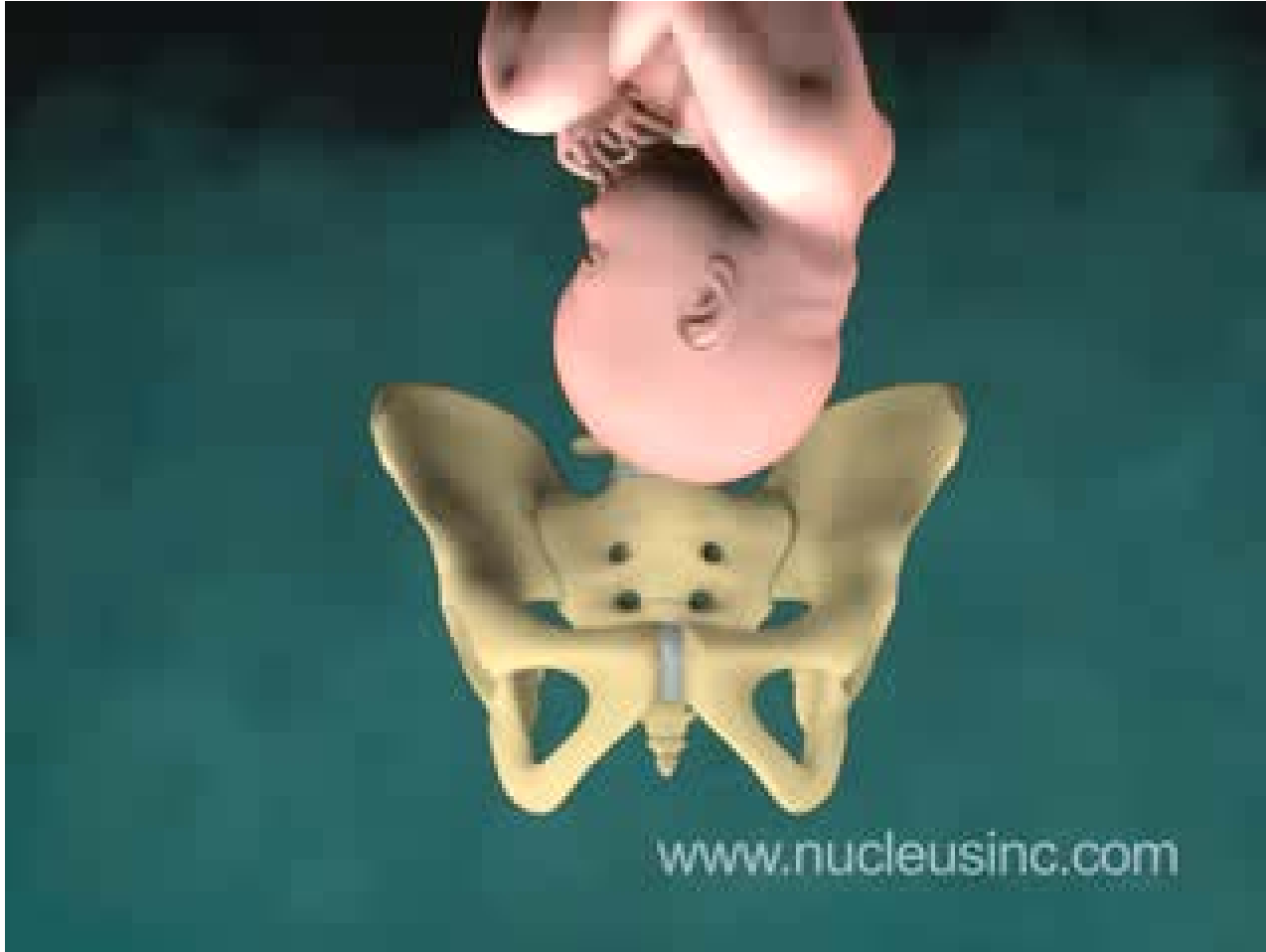


4. Cervix is fully dilated to 10 cm.



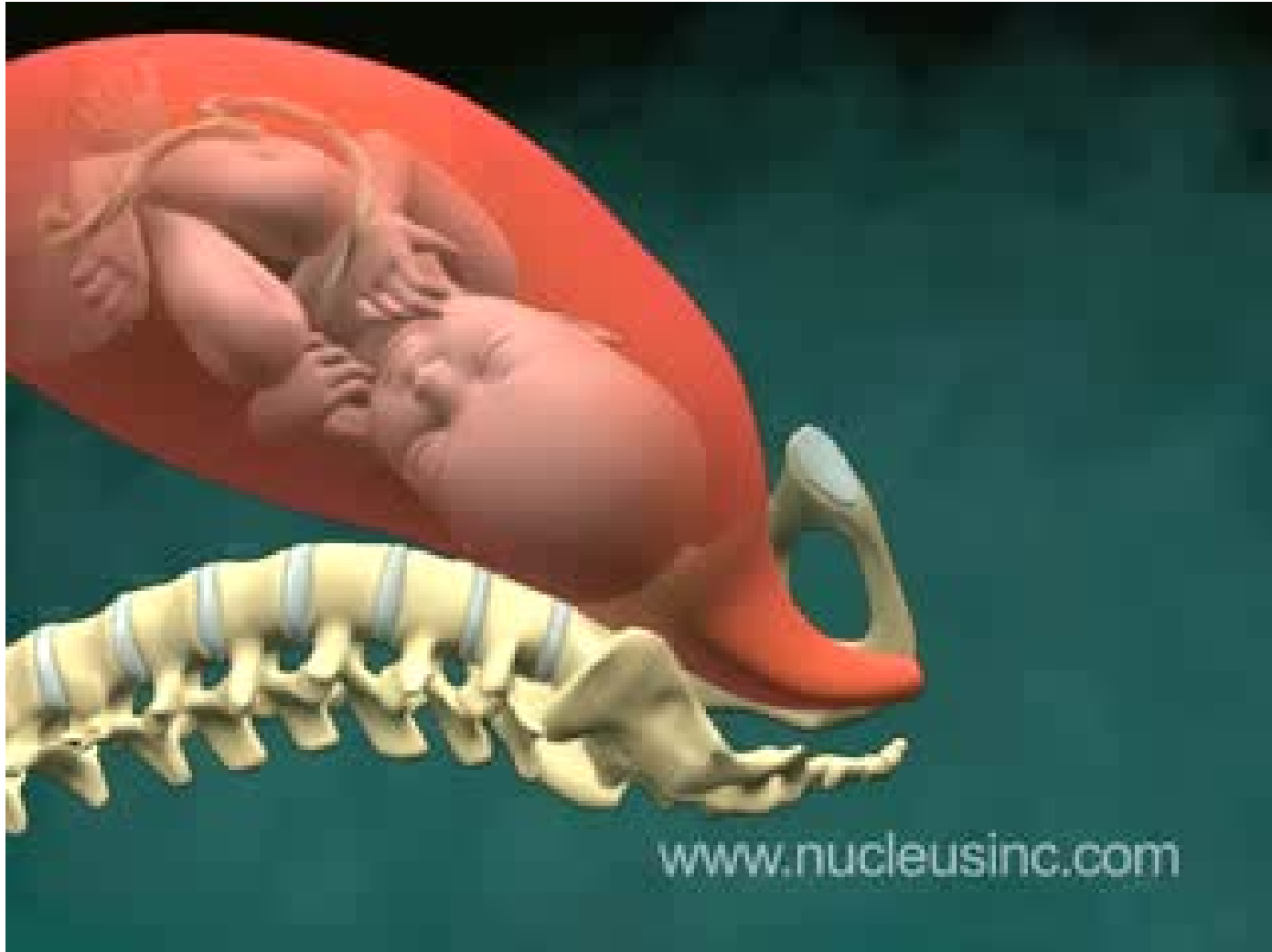
Labor Stage 2: The Baby

Continues after the cervix is dilated to 10 cm until the delivery of the baby.



Labor Stage 2: The Baby

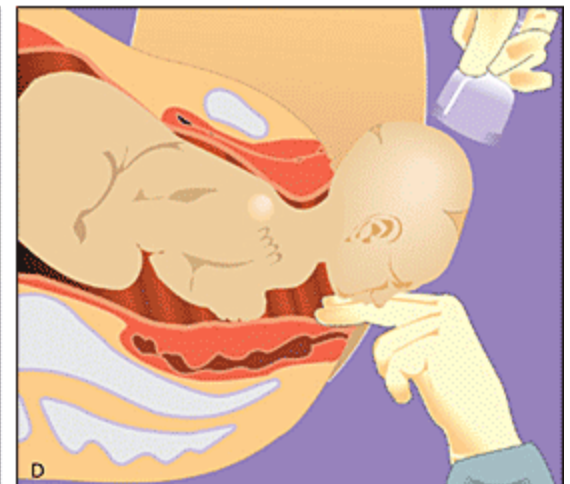
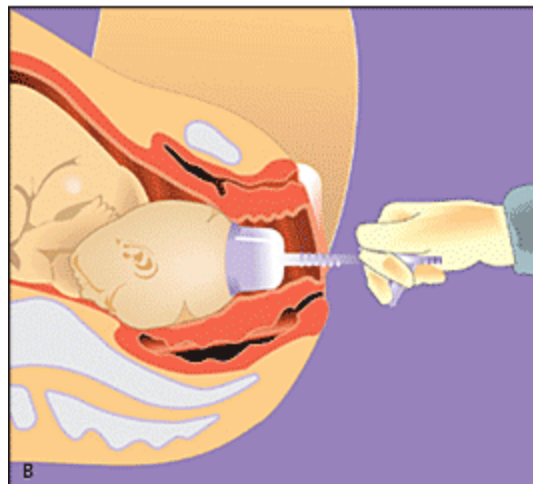
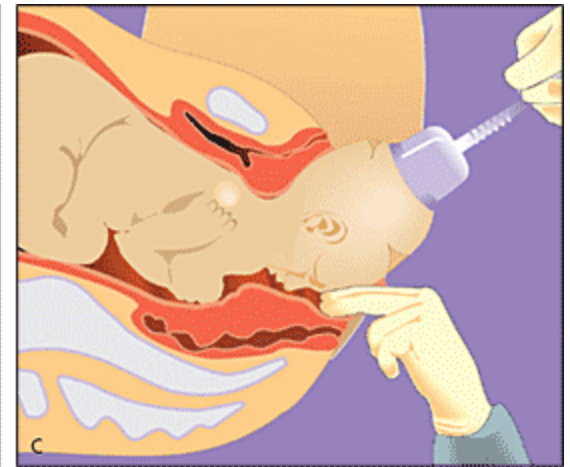
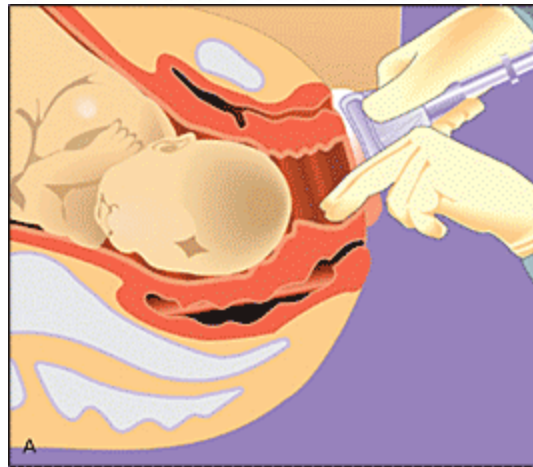
Continues after the cervix is dilated to 10 cm until the delivery of the baby.

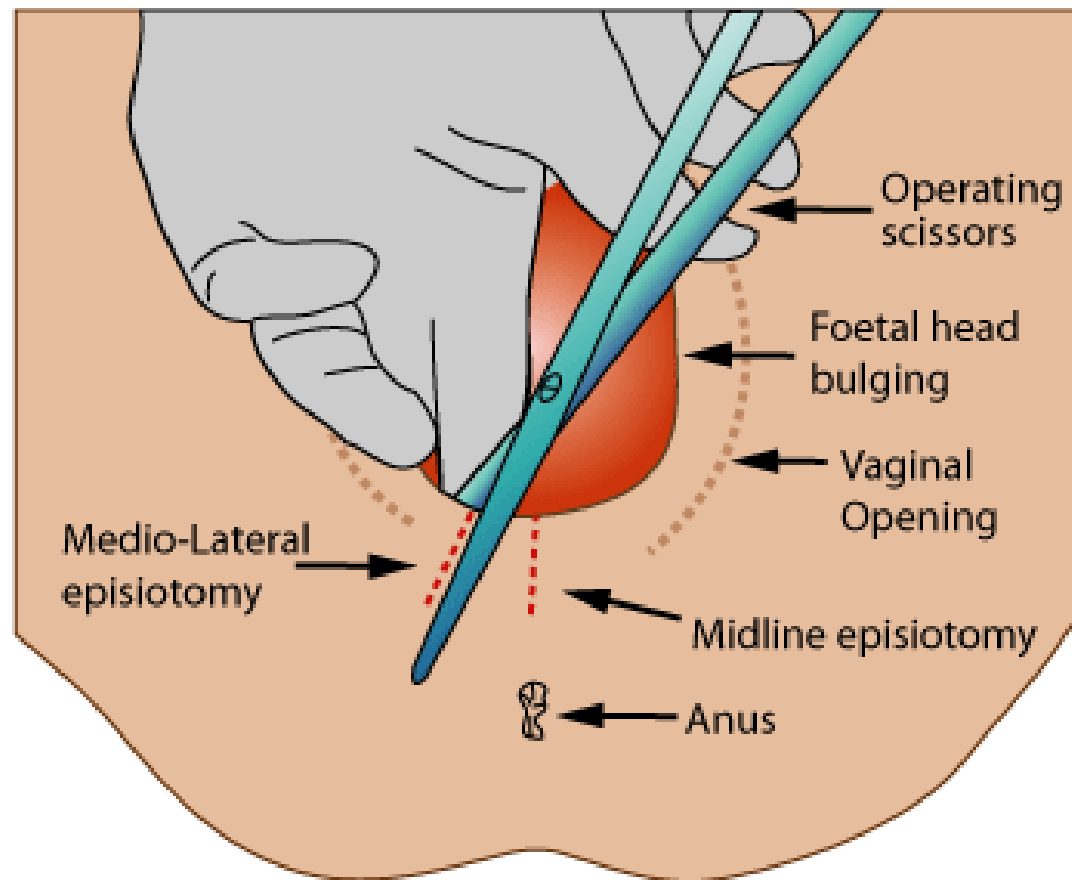


Forceps



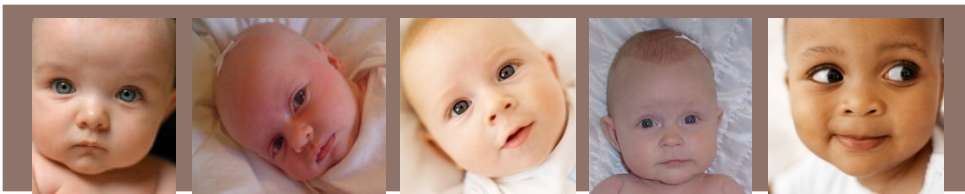
Vacuum extraction





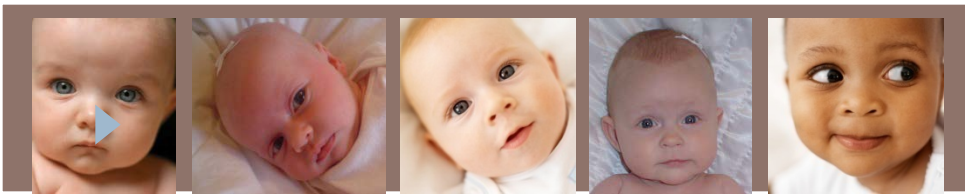
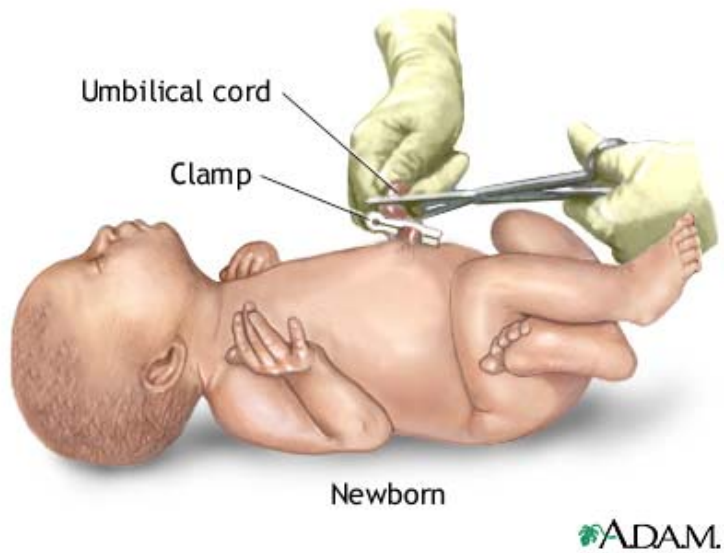
The Baby

- ▶ Baby has been soaking in a sac full of amniotic fluid for nine months and has been through contractions, and a very narrow birth canal. The results of this journey include:
 - ▶ Cone-shaped head
 - ▶ Vernix coating (*cheesy substance that coats the fetus in the uterus*)
 - ▶ Puffy eyes
 - ▶ Enlarged genitals
 - ▶ Lanugos (*fine downy hair covering the shoulders, back, forehead, etc*)



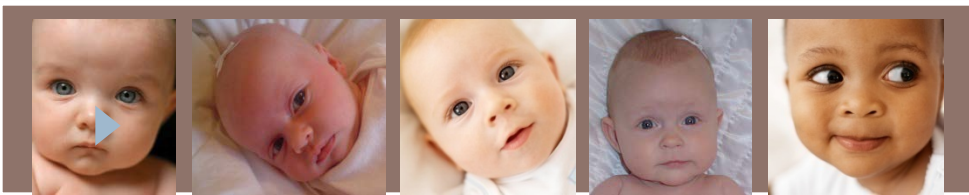
The Birth Process

Cutting the Umbilical Cord



The Birth Process

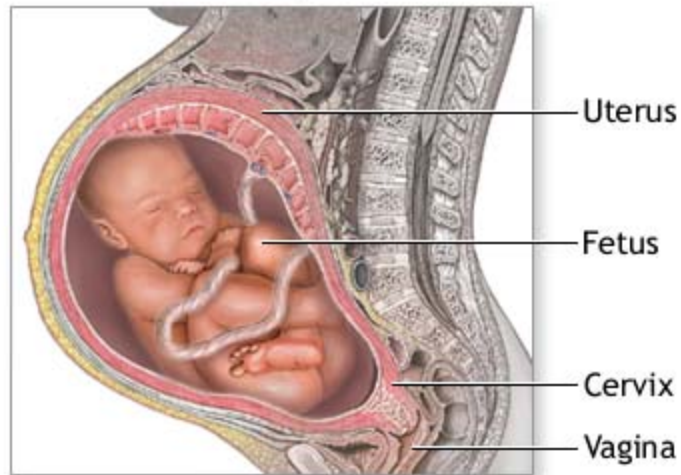
New Born Baby



The Birth Process

Reasons for C-Section

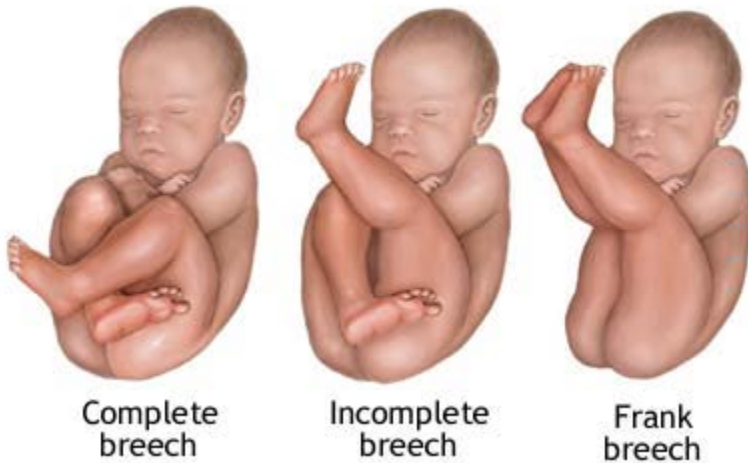
Fetus in breech presentation



Fetus in transverse lie presentation



Variations of the breech presentation

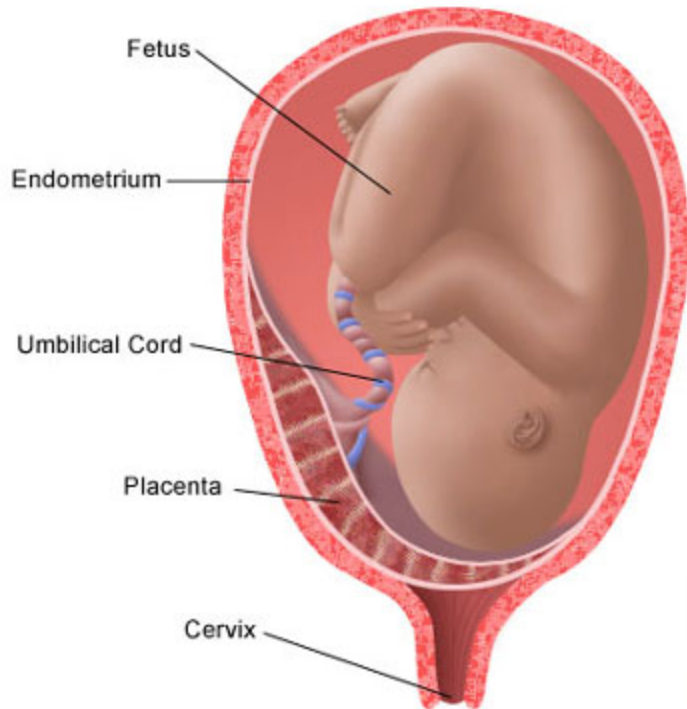


Fetus in posterior presentation

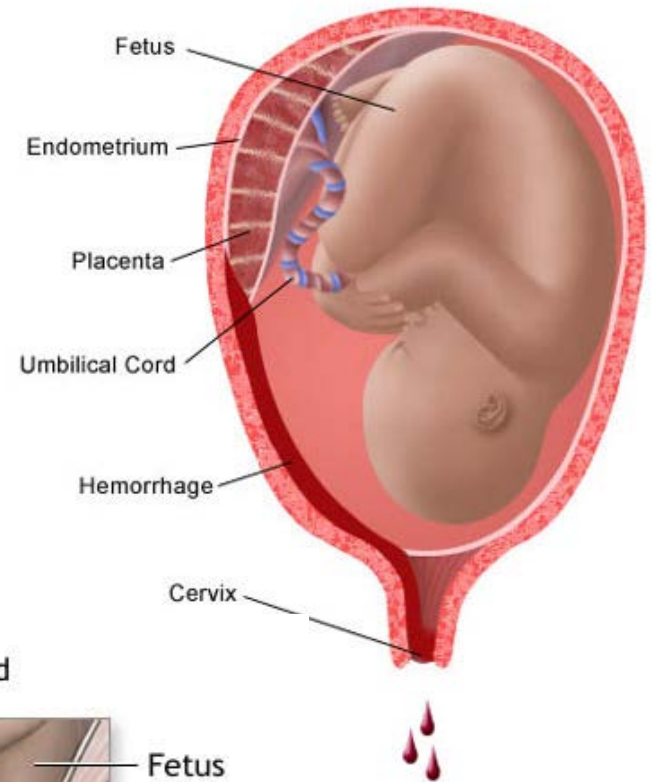


Reasons for C-Section

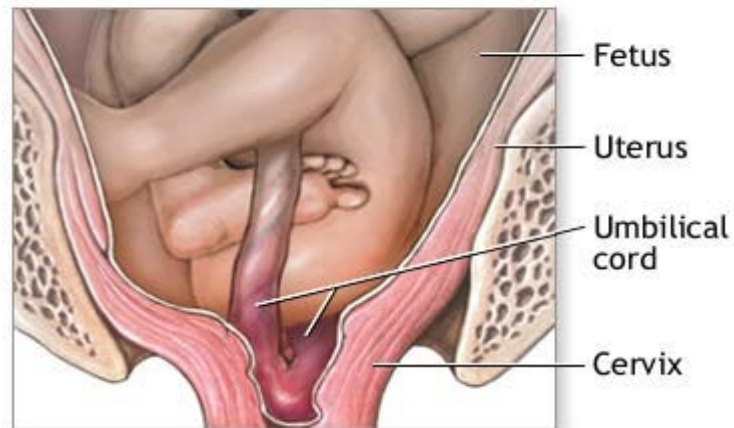
Total Placenta Previa



Placenta Abruption



Prolapsed umbilical cord



SAMPLE USE ONLY

Cesarean Section

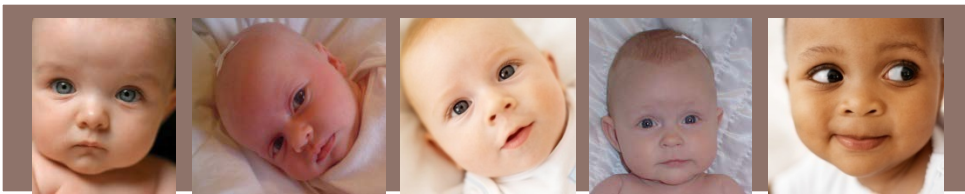
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MEDICAL ART

Labor Stage 3

Delivery of the placenta.

- ▶ Takes from 5-30 minutes
- ▶ After the delivery:
 - ▶ *Small contractions begin again.*
 - ▶ *Placenta is separating from the uterine wall and ready to be delivered.*
 - ▶ Pressure may be applied by to the uterus
 - ▶ The umbilical cord may be gently pulled.
 - ▶ *Shaking and shivering are common after your placenta is delivered*



The Birth Process

Placenta in uterus
directly after birth



Discharge of placenta

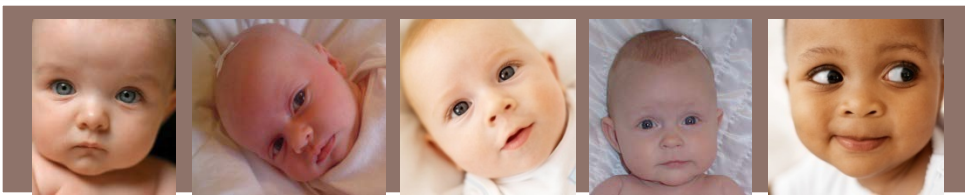


The Postpartum Period

First 6 weeks after delivery

▶ Involution

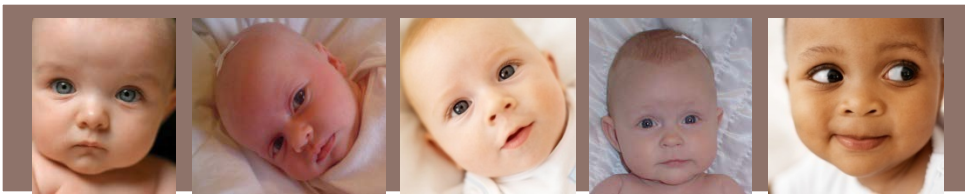
- ▶ *Return of the reproductive organs, (particularly the uterus) to the normal size and position.*
 - ▶ Uterus was enlarged from 2 ounces to 2 pounds during pregnancy.
- ▶ Immediately after delivery, the uterus feels like a hard lump just below the belly button.
- ▶ Gradually the uterus sinks deeper in the pelvis
- ▶ By the end of the 1st six weeks it will return to pre-pregnant state



The Birth Process

The Postpartum Period

- ▶ As the uterus shrinks, the lining sloughs off and results in a bloody discharge called lochia
 - ▶ This lasts 10 days – 6 weeks
 - ▶ Cause contractions called afterbirth pains
 - ▶ Breastfeeding releases oxytocin which speeds up the process
- ▶ If an episiotomy was performed (a surgical cut that widens the opening of the vagina), your doctor may recommend Sitz baths or an anesthetic spray to ease the discomfort.



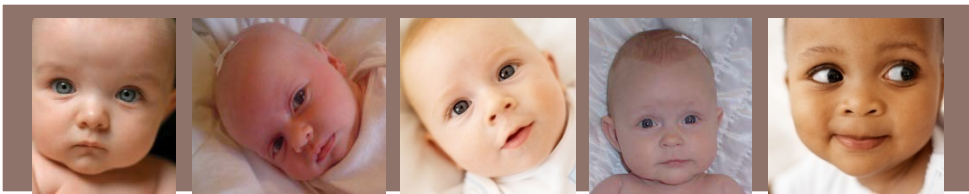
The Birth Process

The Postpartum Period

▶ Early Ambulation

▶ *Getting up and walking around*

- ▶ Helps restore circulation and muscle tone
- ▶ Most women are encouraged to get out of bed a few hours after delivery
- ▶ The mother is also instructed to use some simple exercises to begin to restore her muscle tone
- ▶ The abdominal muscles are voluntary and do not return to normal as quickly as the involuntary muscles of the uterus.

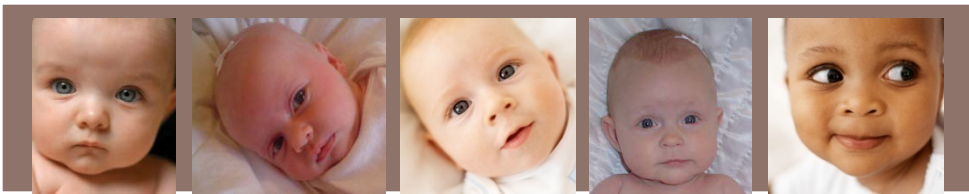


The Birth Process

The Postpartum Period

▶ Postpartum depression or baby blues

- ▶ *Result of the shifting hormones following the birth of a baby*
- ▶ *This period may only last a few days or may last a few weeks and may occur anytime during the first few weeks after delivery.*
- ▶ *Sixty to eighty percent of new mothers feel a certain amount of moodiness.*
- ▶ *Realizing that this is normal and that it will pass, makes an enormous difference.*
- ▶ *However, if the blues are severe or prolonged, a doctor should be contacted.*



The Birth Process