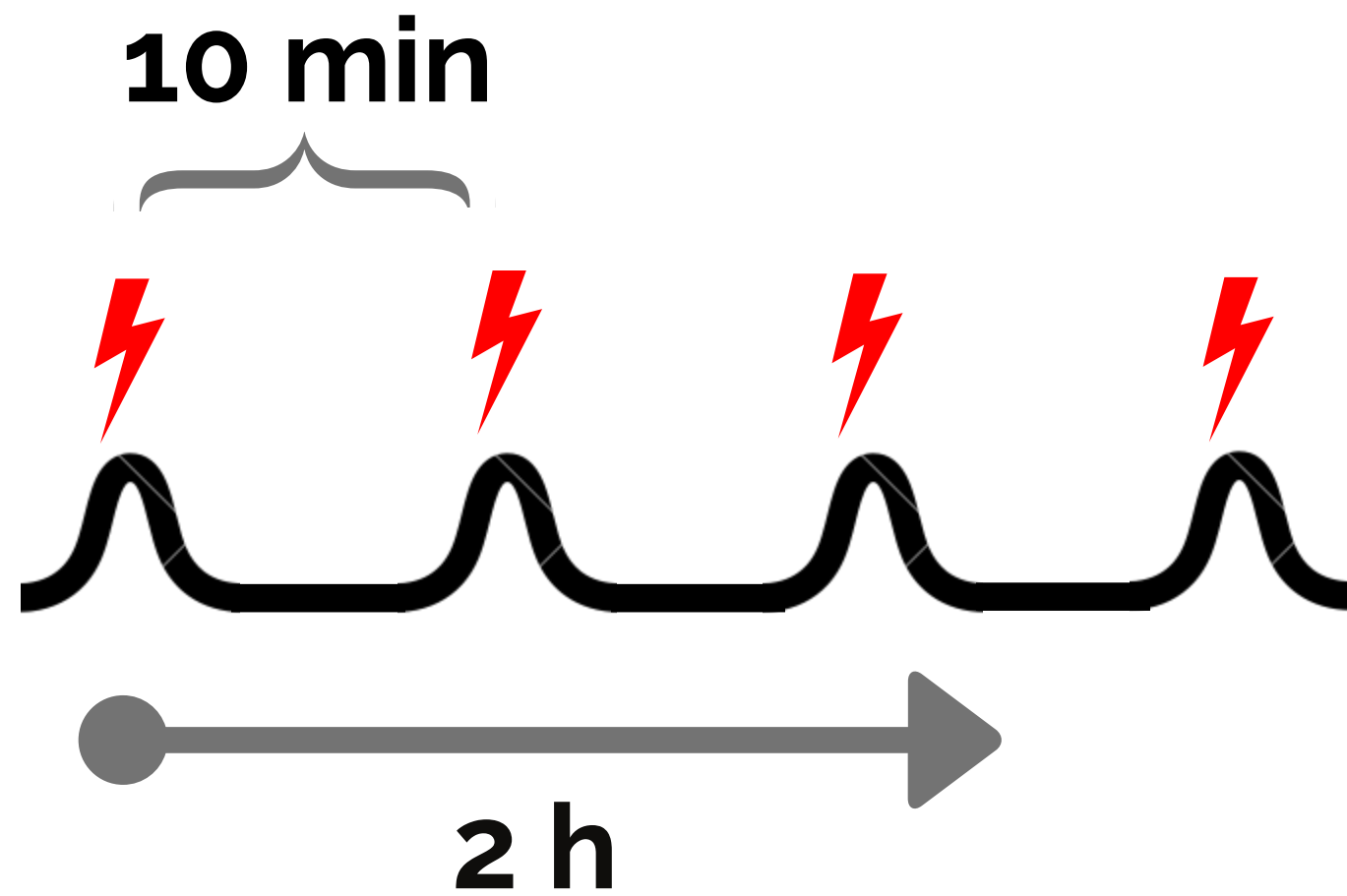
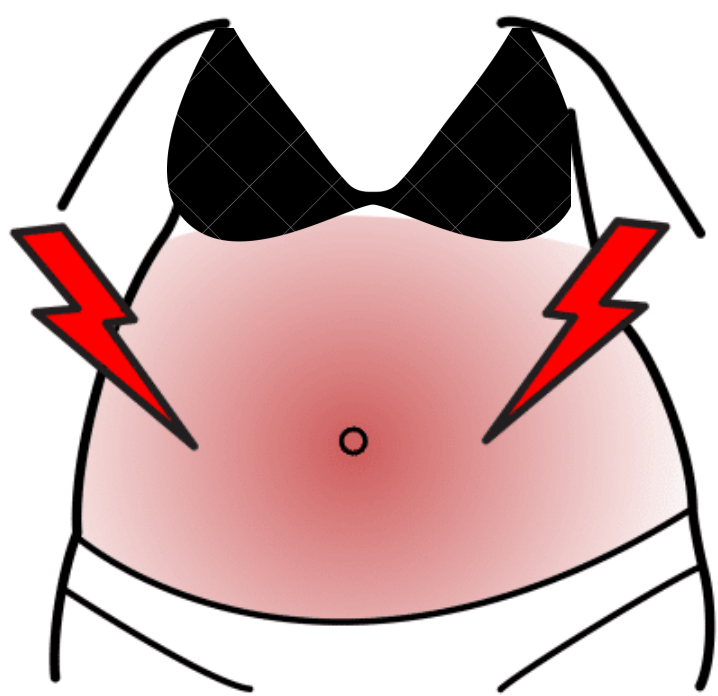
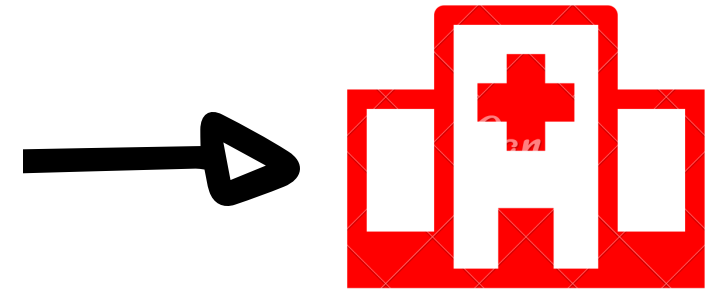


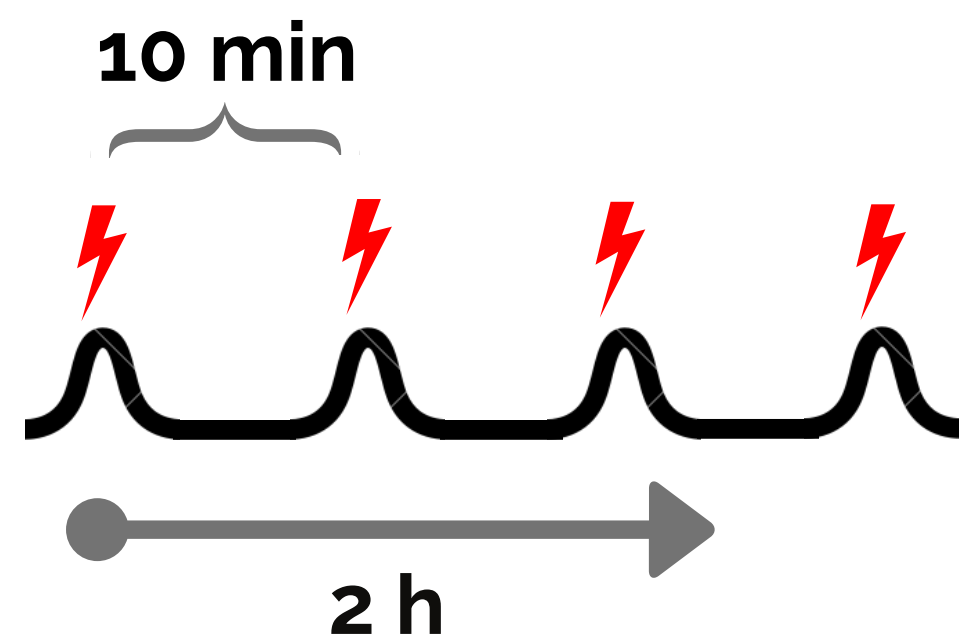
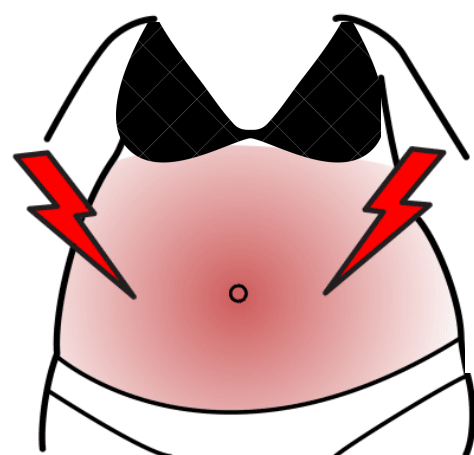
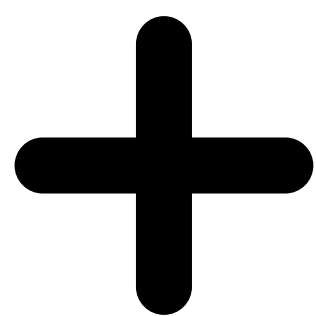
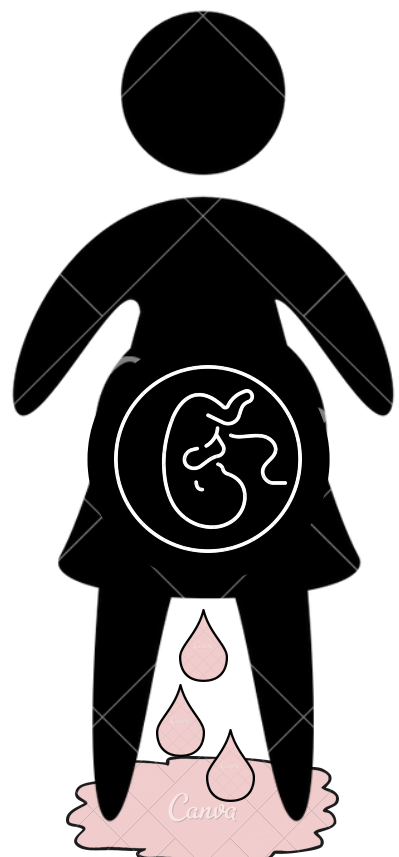
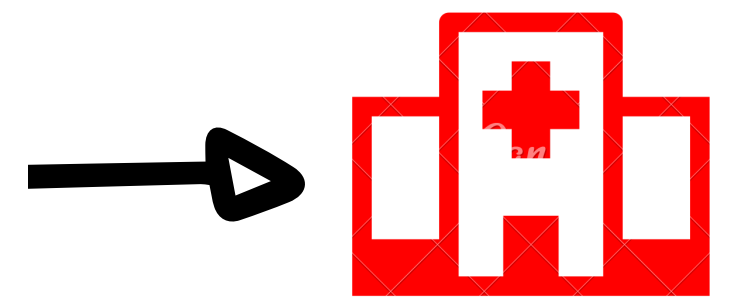
# SIGNS OF LABOUR

REGULAR CONTRACTIONS FOR AT LEAST 2 HOURS



OR

THE WATER BREAKS + REGULAR CONTRACTIONS FOR AT LEAST 2 HOURS



## Signs of labour

- Regular contractions that last over two hours are usually a sign of ongoing labour.
- Water can break either before or during the contractions. It usually intensifies the contractions.
- Regular contractions may cause pressure in the perineal area (bum).

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