

# True Labour and Pre Labour – Know the Differences



	True Labour	Pre Labour
Contractions	<p>Occur regularly, becoming stronger; then lasting longer and occurring closer together</p> <p>Become more intense with walking</p> <p>Usually felt in the back, radiating to lower portion of abdomen</p> <p>Continuing despite use of comfort measures (such as massage, relaxation techniques or a warm shower)</p>	<p>Occur irregularly or become regular only</p> <p>Often stop with walking or position change</p> <p>Can be felt in back and abdomen above the navel</p> <p>Often can be stopped through use of comfort measures</p>
Cervix	<p>Presence of bloody show indicates progressive changes of the cervix (softening, effacing, and dilatation)</p>	<p>No presence of bloody show with no significant change in effacement or dilatation.</p>
Fetus	<p>Presenting part becomes engaged in the pelvis resulting in increased ease of breathing and at the same time increasing pressure on the bladder resulting in urinary frequency.</p>	<p>Presenting part is usually not engaged.</p>

## When should you come to the hospital?

If you are more than 20 weeks pregnant and you think you are in labour, Call 905-472-7366 to speak to one of the Labour and Delivery Nurses.

Call the Labour Assessment Unit if at any time you are worried about:

- Premature labour,
- Ruptured membranes,
- Bleeding,
- Pain, or
- If the baby is not moving as frequently as you are used to.

If you are less than 20 weeks pregnant and have any concerns, please contact your care provider or go directly to the closest Hospital Emergency Department.