Going Home in Early Labour

It is best for you to be at home while you are in early labour. You should be in active labour before being admitted to the hospital.

Active Labour

Active labour has begun when your cervix (the opening to your uterus) is 3 to 4 cm (1.18 to 1.58 in) dilated (open), and you are having at least 10 contractions in 1 hour that are getting stronger.

Early Labour

- It is the contractions that occur that are doing the important work of preparing your body for active labour. The contractions are helping your cervix to soften and thin, and begin to open up.

- This early stage of labour can take longer than active labour. It can stop and start, and the amount of time it takes varies from person to person. It can last for a few hours, or even a few days.

- If you are having contractions, but have not dilated yet, it may be because you are not actually in labour. Some women have uncomfortable contractions even though they are not really in labour. You may also be in early labour.

Going Home

You will likely be more comfortable at home, where you can rest as much as you need, and where you can find distracting things to do.

Activities to do at Home

- go for walks
- watch TV or movies
- play video games or cards
- eat and drink whatever you feel you would enjoy. Try to drink 1 or 2 glasses (1 glass = 8 oz or 250 mL) of fluids every hour you are awake.
- take relaxing baths or showers
- time your contractions when you cannot ignore them any longer.
Where to Stay if You Live Out of Town

- Many women make arrangements to stay with family or friends in Regina.
- Your nurse on the unit can give you a coupon for a reduced rate to stay at a Regina hotel
- Wascana Rehabilitation Centre Hostel for a small fee. Call (306) 766-5797 to book a room and about rates.

Return to the hospital if:

- you feel sudden or constant pain in your abdomen
- your water breaks or your water is leaking
- there is a change in how your baby is moving
- you have any bright red vaginal bleeding, enough to soak a pad
- you feel the baby coming now and you feel like pushing
- you are having 10 or more contractions in 1 hour, and think they are becoming stronger and more painful.

We re-examine your cervix and see if you are ready to be admitted.

Call 9-1-1 if you need to return to hospital urgently. Remember there is a fee for ambulance service.

Labour and Birth Unit
(306) 766-6150