


REAL LABOR VS FALSE LABOR

HOW TO TELL THE DIFFERENCE?


CONTRACTION TIMING

FALSE LABOR



contractions are irregular and do not get closer together with time


REAL LABOR



contractions become predictable, and intensify and become closer together with time


CHANGE WITH MOVEMENT

FALSE LABOR



contractions may **stop** when you change your activity or position


REAL LABOR



contractions **continue** even with changes to movement and position

CONTRACTION STRENGTH

FALSE LABOR



contractions are mostly annoying and don't get stronger, or if they are strong at first they'll weaken with time

REAL LABOR



contractions steadily increase in strength over time

WHAT TO DO ABOUT IT?



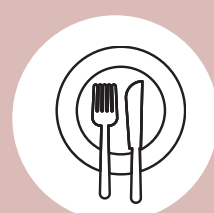
rest when you can, sleep if you're able, conserve your energy



hydrate, hydrate, dehydration can cause false labor



keep your bladder empty and have a BM if you're able



snack regularly to keep your energy levels up

— the —
FAYETTEVILLE
— douglas —