INDICATION OF LABOR At 40th Week Of Pregnancy And

What To Do Next

SIGNS OF GOING INTO LABOR



Bloody show or light brown or pinkish mucus discharge



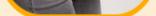


WEEK

Abdominal cramps

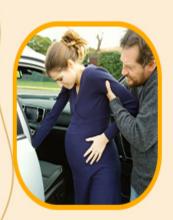






Throbbing or dull pain in the lower back Rupture of the amniotic sac or water break

ONCE YOUR LABOR STARTS



Have someone take you to the hospital



Be calm



Practice breathing exercises





Source: https://www.momjunction.com/articles/40th-week-pregnancy_00358258/