



# Changes In The Cervix During Labor



The cervix remains closed and provides support to the growing fetus.

The cervix moves from the posterior to the anterior position, pointing forward.



During labor, the cervix flexes to intrauterine pressure and uterine contractions.

It also achieves effacement, which is thinning of the wall.



The cervix then prepares itself for childbirth, called 'cervical ripening.'

The cervix also starts to soften to stretch and thins.



As the cervix opens, it sheds clear, pink, slightly bloody discharge or spotting (bloody show).

It then dilates to 10 cm in three stages from fully closed to allow the passage of the fetal head.



## Reference:

Anatomy of pregnancy and birth – cervix;  
Pregnancy, Birth, and Baby; Australian Government