

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



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



Mom Junction

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