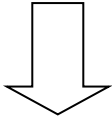


Stages of Labor

Stage One

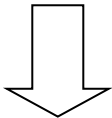
Early Phase

8-10 hours*
0-5cm (dilation)
0-60% (effacement)
30-45 seconds (contraction length)*
May have several minutes between contractions that vary



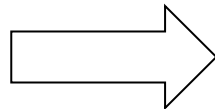
Active Phase

3-6 hours*
6-8 cm (dilation)
60-100% (effacement)
50-60 seconds (contraction length)*
Contractions begin to get closer together and develop a pattern



Transition

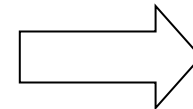
½-2 hours*
8-10 cm (dilation)
70-90 seconds (contraction length)*
Contractions may not allow for much rest between



Stage Two

Pushing Baby Out

½ to 3 hours*
Contractions: May allow for rest between



Stage Three

Delivering the Placenta

Typically happens 2-15 minutes after baby is delivered

When to Call the BirthCenter – 507.529.6750

- Your bag of waters ruptures (trickle or gush)
- You are having regular contractions that don't go away
- You aren't sure if labor has begun
- You are concerned about your or your baby's health

*Lengths of time are averages