

6 SIGNS OF FALSE LABOR

A QUICK GUIDE

SIGNS	TRUE LABOR	FALSE LABOR
FREQUENCY OF CONTRACTIONS	Regular intervals which become closer over time	Irregular and do not become closer
INTENSITY OF CONTRACTIONS	Increases with time	Contractions differ; may be strong or weak
TIME OF CONTRACTIONS	30-70 seconds Progressively increase over time	May vary in length
CENTER OF CONTRACTIONS	Starts at the back Moves to the abdomen	Localized in the lower abdomen and groin
CHANGE IN CERVIX	Cervix dilates from 1-10cm	Cervix does not dilate
VAGINAL DISCHARGE	Slightly pinkish to bloody	No discharge

