



Niitty – Developing a Peer-based Family
Training Model for Immigrants

WHEN TO GO TO THE HOSPITAL FOR LABOUR?

Milloin lähteä synnyttämään?



If your pregnancy has advanced normally, you should go to the hospital for labour when one of the following happens:

- You have regular contractions OR
- Your waters break

Regular contractions mean that:

Your contractions have continued regularly for **2 hours**, they come **5 minutes apart** and a contraction lasts about 1 minute at a time.

There is no hurry, you can take your time at home and wait for the contractions to grow stronger.

Wait until the contractions meet the criteria mentioned above or you start feeling otherwise uncomfortable before going to the hospital.

What does a contraction feel like?

Your stomach becomes momentarily hard

A tight feeling or a feeling of weight in your belly

The pain resembles menstrual cramps

Only painful contractions are a sign of labour! Before the actual contractions you may experience some painless false labour pain known as Braxton Hicks contractions.

5 MINUUTTIA



Your waters break

Normal amniotic fluid is clear or pinkish, and there may be only a little or a lot at once.

Usually contractions begin within a few hours of the waters breaking.

After your waters have broken, contact the emergency unit of your maternity hospital for instructions.

Usually mothers go to the hospital for labour within 12 hours of their waters breaking.

The following situations are an exception and mean that you must go to the hospital straight away:

Vaginal bleeding.

The baby doesn't move or moves less.

The amniotic fluid is green or bloody.

The mother is in continuous, severe pain.

The mother has a sudden severe ailment, such as a severe headache or itch.

If you are worried about anything or have any questions, please contact your maternity clinic or the obstetrics emergency unit in your area!



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<https://projects.tuni.fi/niitty/>

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Sources and further information:

Pirkanmaa Hospital District. Synnytyksen käynnistyminen.

Available: https://www.tays.fi/fi-fi/raskaus_ja_synnytyks/Synnytyks/Synnytyksen_kaynnistyminen

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