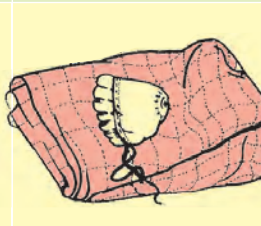
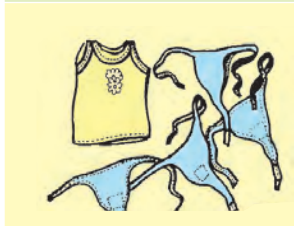


Before Delivery



The delivery room should be cleaned before the delivery. If the delivery is happening at home, you should facilitate a clean delivery space.



Immediately after birth, if the baby remains naked, it may become cold. Hence, baby clothes should be kept ready before delivery.

Safe Delivery

Three Stages of Labour

1st Stage of labour

Starts from the beginning of pain until the mouth of the womb is fully open. This happens inside and cannot be seen. The bag of water also breaks at the end of this stage. The fluid is usually clear but may be yellow or green or red. If green, it indicates infection.

This first stage of labour usually lasts about 8 to 12 hours in the first pregnancy. May take much less time in subsequent pregnancies.

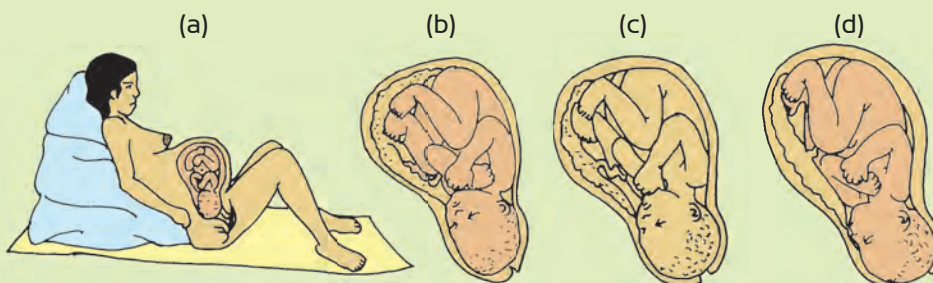


Illustration (a) - drawing of side view of a pregnant woman.

In illustration (b) - the mouth of the womb is almost closed, and thick.

In illustration (c) - the mouth is thinner and is opening little.

In (d) - the mouth of the womb is fully open. When the womb is completely open, it is the end of the first stage of labour. At this time, the water bag usually breaks. This first stage of labour usually lasts about 8 to 12 hours. It takes longer if the woman is having her first baby.