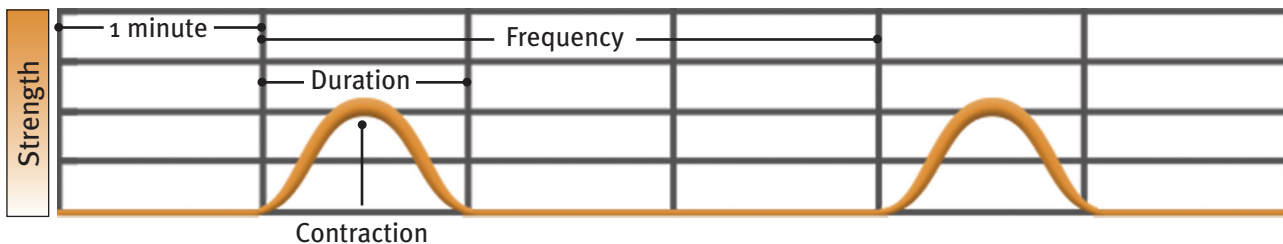


Contraction Timing Chart

This page can come in handy when your labor begins. Using a watch, clock, or mobile device that counts seconds, jot down the start time and duration of your contractions. Then, fill in the frequency so you can tell your healthcare provider about your progress. If your labor stops, print another chart and start again next time.

How to Time Contractions

Frequency is measured from the start of one contraction to the start of the next. In this example, the contractions last one minute each and are three minutes apart.



Example:

Contraction #	Start Time	Duration	Frequency
1	10:30:30	30 sec	-----
2	10:38:00	45 sec	7 min 30 sec
3	10:44:30	45 sec	6 min 30 sec

Always call your healthcare provider for specific instructions on when you should go to the hospital. It is generally advised to go to the hospital when contractions are **5** minutes apart, last **1** minute each, and have stayed in that pattern for **1** hour.

Date: _____ Week of Pregnancy*: _____

Contraction #	Start Time	Duration	Frequency
1			-----
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			

You may need to go sooner than **'511'** if you:

- Vomit with contractions
- Feel rectal pressure
- Are unable to walk or talk through contractions
- Think your bag of waters has broken
- Have vaginal bleeding
- Tested positive for Group B Strep and need additional time at the hospital for the administration of antibiotics
- Progress quickly (Call 911 and get into a side-lying position if you are having an extremely fast labor!)

*** If you are experiencing regular contractions (4-6 in one hour) before 37 weeks of pregnancy, call your healthcare provider immediately.**