**HOW TO APPROACH LABOUR**

1. To discuss with your doctor and family about the place of delivery well in advance based on your clinical condition.
2. Once you decided, try to have at least 2 to 3 visits in that particular hospital for a better antenatal care.
3. Watch for fetal movements and if any decrease in fetal movements or no movements report immediately to hospital. Watch for fetal movements after having a meal or after drinking a bottle of water.
4. There is something called ‘false pains’ and ‘ true labour pains’. There use to be some minimal contractions before true labour pains which is normal. True labour pains will be persistent with increasing intensity and frequency which will result in delivery. However, if you are in doubt and couldn’t differentiate false from true labour pains report to hospital immediately.
5. Breakdown of water - passing a clear, thin and odourless liquid spontaneously without under control is amniotic fluid. While the leakage of urine is yellow and with odour. Report immediately to hospital when you experience the sudden breaking of water.
6. Keeping the locality VHN number is very important in emergency especially when you have additional risk factors. She will help you out to reach the hospital on time.
7. Try to keep all your antenatal records and scan reports in one file arranged from 1st visit orderly so that anybody can access your records within a short time. Your partner should be well aware about your health records as well.
8. Always keep in touch with someone who had delivered or undergone a successful pregnancy and try to take positive inputs from them. Try to avoid negative people in every possible way you can to experience a good outcome.
9. Try to prepare your mind to approach delivery confidently and prepare your physical and mental health to be strong to bear delivery pains.
10. Discuss with your doctor about your preferences and choices during labour. Nothing can be done against the patient’s wishes. Your doctor will advice or guide you in taking a decision.