



Guidelines for Early Labor at Home (Chinese)

分娩早期在家時的要點原則

For most women the early part of labor, before active labor, is best spent at home. During early labor it is important to save your energy for later by resting and eating and drinking. These are some suggestions that have helped other women:

對大多數的婦女而言，分娩早期 (亦即在分娩活躍期之前) 最適合留在家裡，此時藉著休息和吃喝東西來保存體力以作為稍後使用是很重要的。以下是一些曾經對其他婦女有幫助的建議：

- **Snack on small amounts of light, easily digested foods.**
點心，吃少量的清淡且容易消化的食物。
- **Drink/ eat at least 16 ounces of fluids with energy each hour (juice, popsicles, broth, Gatorade, pop without caffeine)** 每小時喝/吃至少 16 盎司活力補給的液體 (果汁、冰棍、清湯、佳得樂 Gatorade、無咖啡因的飲料)。
- **Some women may feel nauseous and even vomit during labor, this is normal. Wait a short while and continue to drink.** 在分娩期間有些婦女可能會感到噁心甚至嘔吐，這是正常的，可以稍後再繼續喝。
- **Alternate walking with the shower and resting.** 交替散步與淋浴及休息。
- **If your contractions allow, try to sleep. Sometimes a warm bath or using a heating pad will help you relax enough to fall asleep for a short while.** 如果您的宮縮允許的話，試著睡覺。有時泡溫水澡或用加熱墊有助您放鬆入睡片刻。
- **Remember that your coach should rest, eat and drink, too!** 記得，您的助產教練也要休息吃喝!

Labor contractions feel like very painful (you can't walk or talk during then) menstrual cramps in the low abdomen, pelvis, hips, low back and upper thighs. They build to a peak and then they ease and go away. To time how often your contractions are coming, start at the beginning of one contraction and time until the beginning of the next contraction. Duration of your contraction is the time each contraction lasts (the start to the end of one contraction).

陣痛感覺像是非常疼痛的經痛 (此時您無法走路或說話)，出現在下腹、骨盆、臀部、下背和大腿上方。陣痛達到高峰後即減緩，然後消失。陣痛頻率的計算，乃是從一個陣痛的起始計時到下一個陣痛的開始。陣痛的長度乃是每一個陣痛持續的時間 (一個陣痛的開始到結束)。

Call Triage at 734 764-8134 or call your nurse-midwife when:

有以下狀況請打電話到分流中心 Triage 734 764-8134，或是去電您的護士助產士

- Your contractions are painful and regular 您的宮縮疼痛且規律:
- Coming every 3 to 5 minutes, lasting 60 seconds for an hour for a first labor
第一次分娩: 每 3-5 分鐘，持續 60 秒，為時 1 個小時
- Coming every 5 to 7 minutes, lasting 60 seconds for an hour for all other labors
其他次的分娩: 每 5-7 分鐘，持續 60 秒，為時 1 個小時

Other reasons to call Triage 去電分流中心 Triage 的其他理由：

- Big gush or steady trickle of watery discharge from your vagina (you may have broken your bag of water)
大量流出的或持續而小量的水樣分泌物從陰道排出 (您的羊水可能破了)。
- Heavy, bright red bleeding like a period. A small amount of red, pink or brown blood or "bloody show" is normal, especially after a vaginal exam.
量多且鮮紅的出血，如同月經。少量的紅色、粉紅色或棕色的血、或「見紅」乃屬正常，尤其是陰道檢查之後。
- Continuous, severe, sharp abdominal pain that doesn't stop after 3 – 5 minutes.
腹部持續嚴重劇痛，3-5 分鐘後仍未停止。
- Absent or decreased fetal movement. 沒有胎動或胎動減少。
- If you can't eat or drink, are exhausted, can't cope with the pain or have questions or concerns.
如果您無法進食、覺得筋疲力盡、無法忍受疼痛、或是有問題或顧慮時。

Additional Instructions 另外的指示:

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