

分娩早期在家时

Early Labor at Home (Chinese)

对大多数女性来说，在家里度过分娩的早期阶段，是被推荐，也是安全的，并且可以减少剖腹产（C-section）的机会。在分娩早期，藉着休息和吃喝东西来保存体力很重要。分娩早期可能很辛苦！这里有一些小提示，可以帮助您在家中度过分娩早期，并知道什么时候该去医院。

For most women, spending the early part of labor at home is recommended, safe, and decreases the chance of having a cesarean birth (C-section). During early labor it is important to save your energy by resting, eating and drinking. Early labor can be hard! Here are some tips to help you manage the work of early labor at home, and to know when to go to the hospital.

宫缩是什么感觉？ What do labor contractions feel like?

宫缩感觉就像是非常疼痛的经痛，出现在下腹部（肚子）、骨盆、臀部、下背和大腿上部。宫缩达到一个高峰，然后消失。

Contractions feel like very painful menstrual cramps in the low abdomen (belly), pelvis, hips, low back and upper thighs. They build to a peak and then they go away.

宫缩时在家应该怎么做？ What should I do at home when I have contractions?

- **尽可能多休息。**白天时交替进行温和的活动以及小睡和放松。在晚上，或任何时候您累了，尽您所能在宫缩和宫缩之间，尽量多睡觉。即使您的睡眠中断得很厉害，试着休息，可以为分娩活跃期保留体力。

Rest as much as possible. During the day alternate between gentle activities with naps and relaxation. At night, or anytime you are tired, do your best to sleep between and through as many contractions as possible. Even if your sleep is very interrupted trying to rest preserves your energy for active labor.

睡眠小提示： Tips for sleep:

- 用枕头垫在您的头和腹部下面，并支撑您的背部，这样您就可以更舒适地侧卧。
尝试侧躺，双膝之间夹着枕头或不夹着枕头。

Use pillows under your head and belly and to support your back so you can be more comfortable lying on your side. Try side-lying with and without pillows between your knees.

- 在您的下背部或腹部放一个加热垫，以帮助缓解痉挛。

Add a heating pad on your lower back or belly to help soothe cramps.

- 前倾在分娩时通常很舒服，试着把头靠在沙发上跪趴休息。

Forward leaning is often comfortable in labor, try resting on your knees with your head resting on the couch.

- 安静的音乐、录制的睡眠故事或冥想可以帮助您休息。找一个您喜欢的应用程序或网站，例如：

Quiet music, recorded sleep stories, or meditations can help you rest. Find an app or web site you like such as:

- Calm

- Insight Timer
 - 10% Happier
 - Headspace
- 在疼痛开始需要更多关注之前，**分心**比积极的应对措施更能让人平静下来。看电影、去商店、打电话或与亲人一起享用简单的饭菜。

Distraction is more restful than active coping measures until the pain begins to demand more attention. Watch a movie, go to a store, enjoy a phone call or a simple meal with loved ones.

- **缓解紧张。** 随着疼痛加剧，请改用让身体保持放松的技巧，并克服在疼痛期间紧握或支撑自己的倾向。

Ease tension. As the pain increases, switch to techniques to keep your body loose and overcome the tendency to clench up or brace yourself during pain.

缓解紧张的小提示： Tips for easing tension:

- 以舒适的姿势支撑自己并专注于：

Prop yourself in a comfortable position and concentrate on:

- 放松您开着的双手 Resting your open hands
- 放低您的肩膀 Lowering your shoulders
- 放松您脸部的肌肉 Relaxing your face muscles
- 让您的脚踝向外翻转 Allowing your ankles to flop outwards

每次宫缩时，您都会感觉到收紧或压力，但您可以专注于让您的身体变柔软，并让其他任何地方变得更放开。

You will feel the tightening or pressure with each contraction, but you can concentrate on letting your body be soft and open everywhere else.

- 专注于长而缓慢的呼吸。计数着您的吸气和呼气，试着让每一次呼吸都更长一点。

Focus on taking long slow breaths. Count through your inhales and exhales and try to make each one just a little longer.

- 站着摇摆，或坐着摇动身体。使用节奏非常有帮助。

Stand and sway, or sit and rock. Using rhythm is very helpful.

- 或者进入浴缸或淋浴。让温暖使你放松。

Get into a tub or take a shower. Let the warmth relax you.

- 设定短期目标。例如，计划散步 30 分钟，淋浴 30 分钟，然后躺下 30 分钟。重复这个循环。

Create short goals. For example, plan to take a walk for 30 min, shower for 30 min and then lay down for 30 min. Repeat this cycle.

- 找一个简单的短语（或口号）在您的脑海中重复，或者请您的伴侣对您说，来帮您度过宫缩，例如：“打开” “好的，好的” “每个都结束” “保持流动”。祈祷或肯定也可能成为口号。

Find a simple phrase (or mantra) to repeat in your mind, or to ask your partner to say it to you, to get you through contractions such as: “Open” “OK, OK” “Each one ends” “Keep it flowing”. Prayers or affirmations may become mantras as well.

- 想像一些多产的或平静的事情——子宫颈或外阴的开口、温暖的阳光、风或水的力量带着您一起前进。

Visualize something productive or calming – the opening of your cervix or vulva, warm rays of sun, the power of wind or water carrying you along.

- 吃少量清淡、容易消化的**点心** Snack on small amounts of light, easily digested foods

- 每小时至少喝 8 盎司的液体 (果汁、运动饮料、肉汤、加蜂蜜的茶、汽水/苏打水)

Drink at least 8 ounces of fluids each hour (juice, sports drinks, broth, tea with honey, pop/soda)

- 如果您在分娩过程中感到恶心或呕吐，这是正常的。稍等片刻，再继续喝。

If you feel nauseous or vomit during labor, this is normal. Wait a short while and continue to drink.

其他人如何提供帮助？ How can others help?

其他人可以通过以下方式帮助您： Others can help you by:

- 带水和点心。 Bringing water and snacks.
- 帮着将枕头塞在您的背后、膝盖下等。 Helping tuck pillows behind your back, under your knees, etc.
- 揉背部、手部按摩，或简单地按压疼痛和有压力的区域。 Giving back rubs, hand massage, or simply pressing on areas that hurt and holding pressure.
- 通过谈话来安慰或分散您的注意力。 Comforting or distracting you with conversation.
- 提醒您待在家里最好，并承诺与您在一起。 Reminding you that it is best to stay home, and committing to being with you.

- 鼓励并提醒您，这是您可以做得到的！ Encouraging and reminding that you can do this!
- 对您所做的一切表示感谢。 Expressing gratitude for all you are doing.

我应该什么时候打电话到分流中心 Triage? When should I call Triage?

当您的宫缩疼痛且规律，或按照您的医疗保健提供者的指示，请致电分流中心。何时致电的一般准则是：

Call Triage when your contractions are painful and regular or as instructed by your health care provider. A general guideline of when to call is:

- 如果您将分娩第一个孩子：宫缩每 3 到 5 分钟一次，每次持续 60 秒，持续一个小时
If you are having your first baby: contractions are every 3 to 5 minutes, and last 60 seconds each for an hour
- 如果您之前生过孩子：宫缩每 5 到 7 分钟一次，每次持续 60 秒，持续一个小时
If you have given birth before: contractions are every 5 to 7 minutes, and last 60 seconds each for an hour

联系信息是什么? What is the contact information?

分流中心：(734) 764-8134 Triage: (734) 764-8134

我如何计时我的宫缩? How do I time my contractions?

- 从一次宫缩开始时计时，直到下一次宫缩开始。
Start at the beginning of one contraction and keep time until the beginning of the next contraction.

致电分流中心 Triage 的其他理由是什么? What are other reasons to call Triage?

Department of Obstetrics and Gynecology
Early Labor (Chinese)

如果您发现以下任何症状，请致电： Call if you notice any of the following symptoms:

- 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）

Big gush or steady trickle of watery discharge from your vagina (you may have broken your bag of waters)

- 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。

Heavy and 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.

- 腹部持續嚴重劇痛，3-5 分鐘後仍未停止。

Continuous, severe, sharp abdominal pain that doesn't stop after 3 - 5 minutes

- 沒有胎動或胎動減少。 Absent or decreased fetal movement
- 您無法進食 You can't eat or drink
- 您筋疲力尽 You are exhausted
- 您无法忍受痛苦 You can't cope with the pain
- 您不确定是不是该来医院。 You are unsure if it is time to come to the hospital.
- 有任何问题或疑虑！令人放心和信息在早期分娩中是非常重要的，我们在此为您服务。

With any questions or concerns! Reassurance and information are very important in early labor and we are here for you.

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作者：Joanne Bailey CNM PhD,

审核：Barbara Getty CNM MS, Patricia Crane RNC MS

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Author: Joanne Bailey CNM PhD,

Reviewers: Barbara Getty CNM MS, Patricia Crane RNC MS

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