

# Contraction Guide

*by Storky*



# Disclaimer

This guide is not intended to be a substitute for professional medical advice, diagnosis, or treatment, and it is intended for informational purposes only. Always consult your health condition with health care professionals.

# Dear future parents,

We understand that with the baby on the way, things can get overwhelming, especially with the baby's arrival getting close. To help you prepare, our Storky team put together this guide to help you prepare for the labor and understand how to properly measure the contractions.

Here's a summary of what you'll learn in this guide:

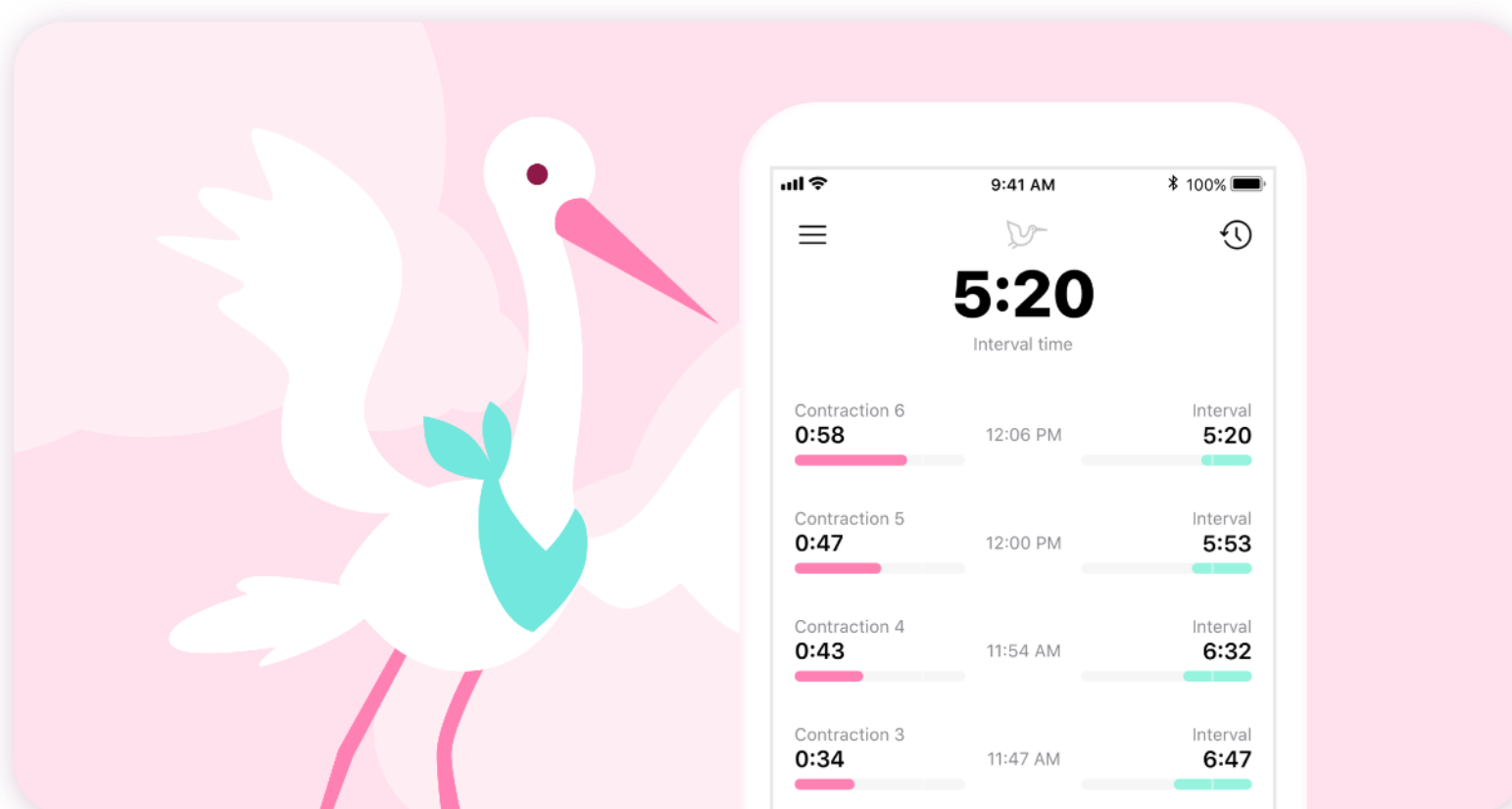
1. What are contractions
2. Labour phases
3. How to measure the contractions
4. Prepare for the baby's arrival



# About Storky

Storky was created by TappyTaps s.r.o., a team of developers and parents. We're dedicated to helping parents in every stage of their parenthood journey. Bibino, our new baby monitoring app helps parents like you all over the world to monitor their babies. Watch, hear, and soothe your baby with reliable baby monitoring app.

Don't hesitate to get in touch with us at [support@tappytaps.com](mailto:support@tappytaps.com).



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Or visit [www.getstorky.com](http://www.getstorky.com)



# 1. What are contractions

First, let's take a look at some of the basic terms to understand what are contractions and intervals, why they are so important, and what phases of the labor there are.

## What is a contraction

A contraction is a tightening and relaxing of the uterine muscle, repeating periodically. During contraction, your abdomen becomes hard. When in labor, the uterus contracts and moves your baby down.

## What is an interval

An interval is a time from the beginning of one contraction to the beginning of the following one. It is the duration of the contraction plus the rest time after that.

Both contraction and the interval between them help you to identify what stage of the labor you're in and when it's the best time to go to the hospital. However, you should always consider your situation individually and consult it with a doctor.



## 2. Labour phases

In this chapter, you'll learn about different phases of labor.

### Early Labour phase

Contractions are mild and last 30-45 seconds, with 5 to 30 minutes the interval in between. The cervix is dilating to 3 cm. During this phase, try to relax or sleep. Wait until the contractions become stronger and longer. It can last for hours if it is your first labor.

### Active Labour phase

Contractions are becoming stronger and last about 45-60 seconds with 3-5 minutes intervals in between. The cervix is dilating from 4 to 7 cm. If for at least one hour, the contractions come every 5 minutes or less and last for a minute, it is time to leave for the hospital or birth center. Remember that if you're not sure, consult with your doctor.

### Transition phase

Contractions are very strong and last 60-90 seconds with an interval of about 2-3 minutes. The cervix is dilated to 8-10 cm. The baby will probably be coming out soon.

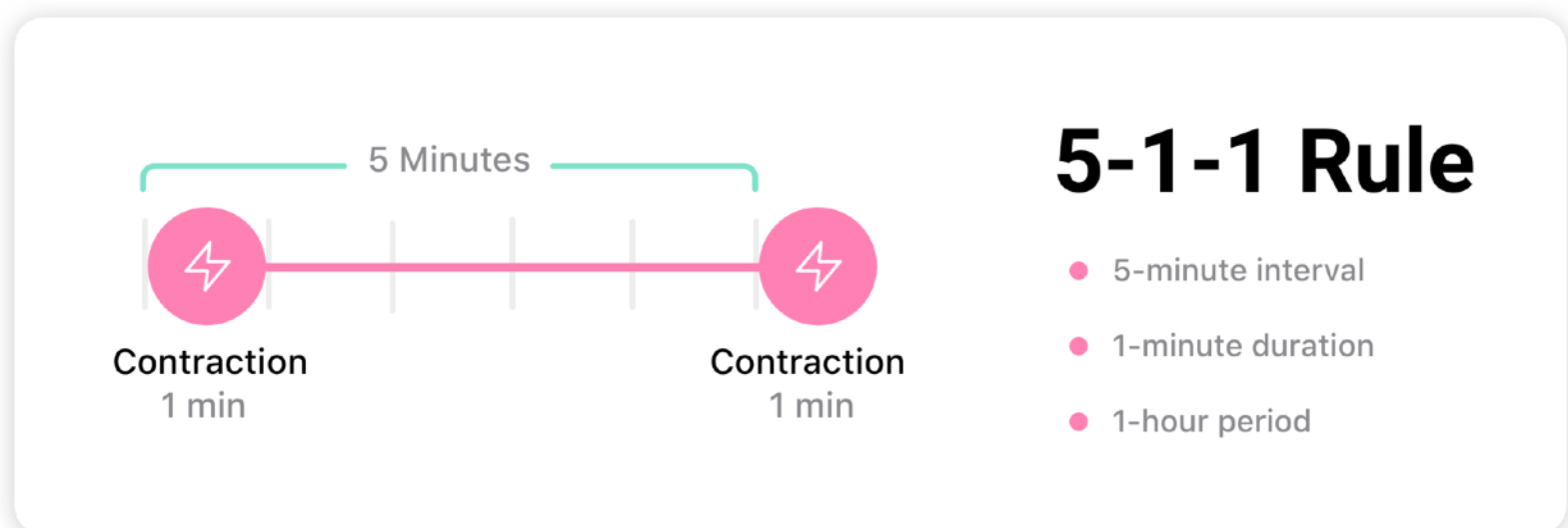
### Pushing and delivery

The cervix is fully dilated. Contractions last 60-90 seconds, and your body is pushing your baby out.

### 3. How to measure the contractions

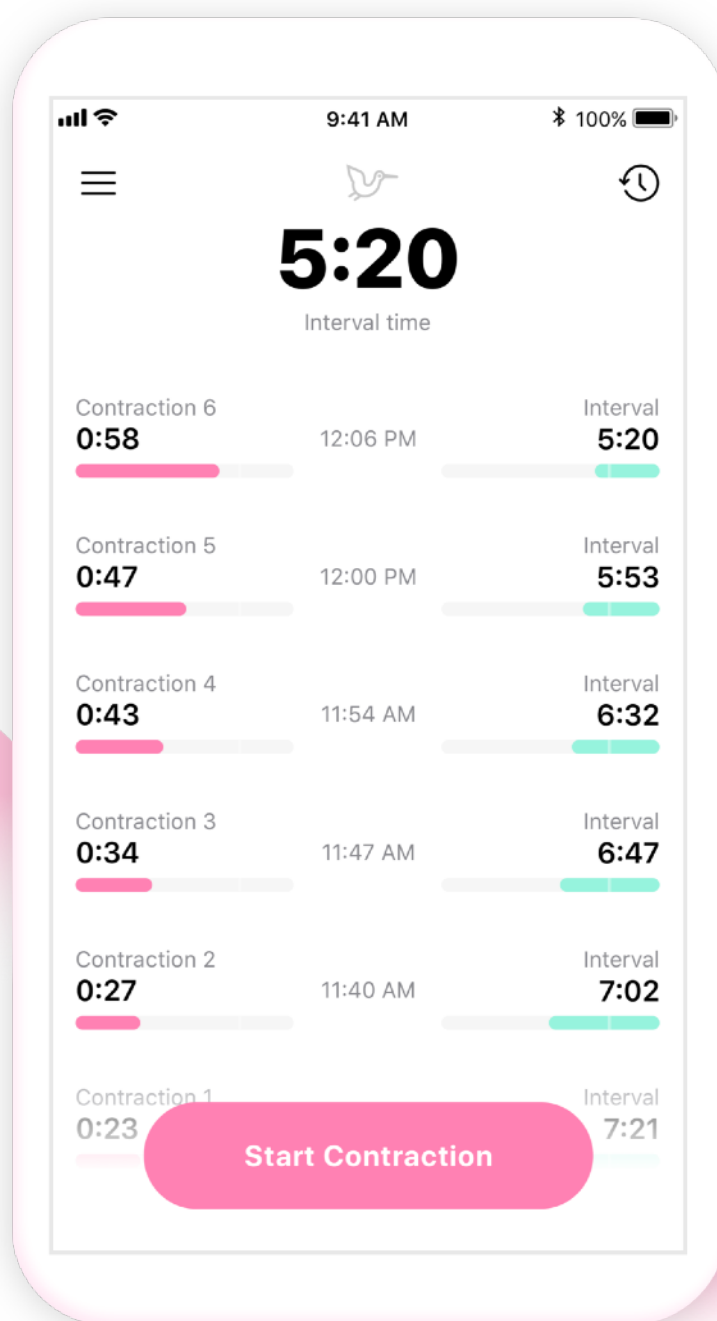
As explained in the previous parts, contraction and interval are two indications to track when the labor is coming.

Once the contractions begin, it is necessary to keep an eye on these two values - the length of each contraction, and the interval between the end of last contraction and beginning of the new one.



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To help you measure the contractions, we recommend using a reliable contraction timer, such as Storky app.



Download Storky

[www.getstorky.com](http://www.getstorky.com)



With Storky, you'll record the beginning and the end of the contraction. The app will measure the length of each contraction as well as the interval.

The app also comes with a stork indicator (a little icon of a stork) to suggest when you should consider going to the hospital. This is determined by two conditions. The default conditions are set to the following - the last three contractions came every 5 minutes, and each lasted at least 60 seconds. You can change these values as desired. Remember to always consult with your doctor.

**Remember you should go to the hospital immediately in case of:**

- Strong vaginal bleeding
- Green, brown or yellow water when the membrane has broken
- No contractions for hours when the membrane has broken
- Strong headache, dizziness or blurred vision
- Unbearable pain
- An urge to push
- No movement from the baby

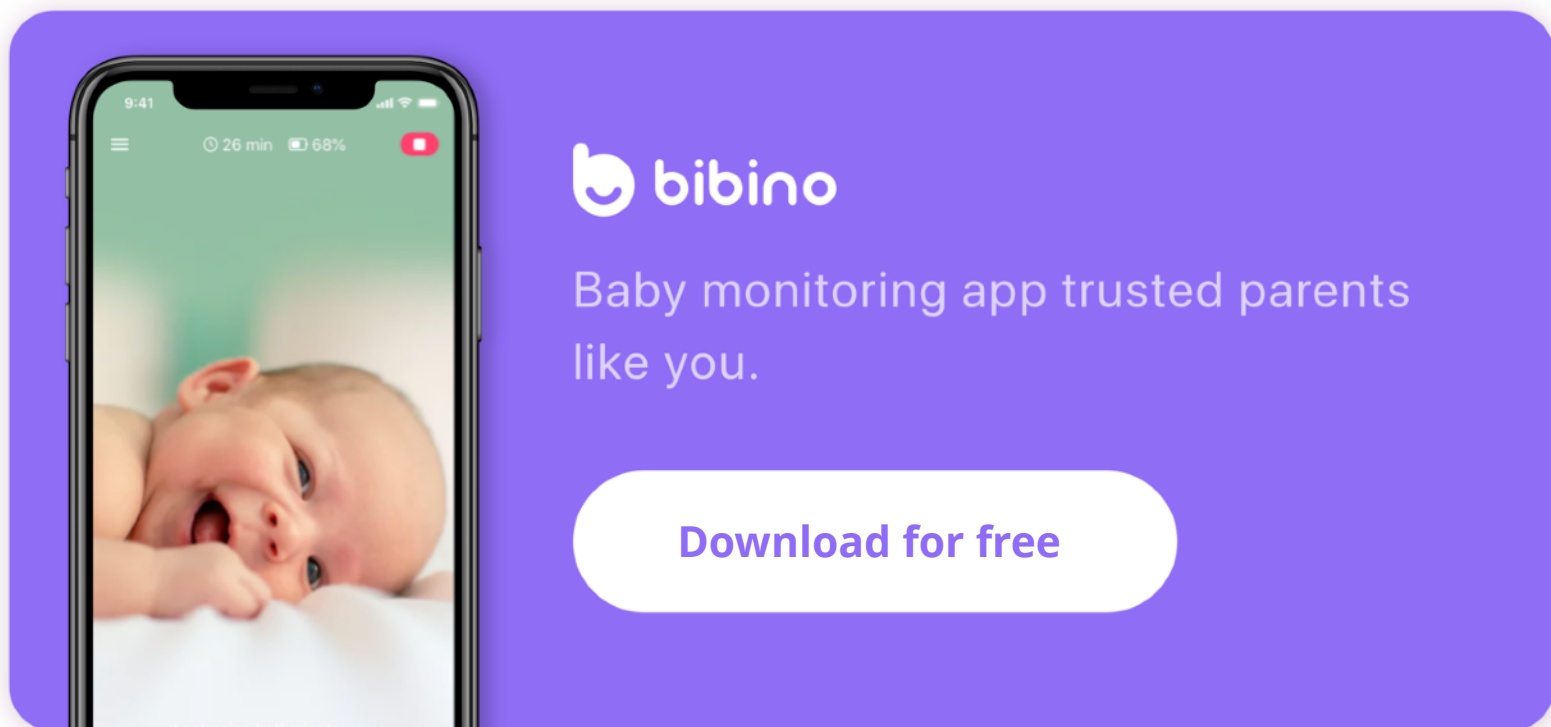
## 4. Prepare for the baby's arrival

Bringing the newborn baby home is one of the happiest moments in the life of every parent.

To be prepared for your baby's arrival, consider downloading a baby monitoring app. **Bibino** is a reliable baby monitoring app created by the Storky team, available on **iOS**, **Android**, **macOS**, **Windows**, and **Linux**.

**Bibino** turns any two phones, tablets, or computers into a single baby monitor—no need for overpriced hardware cameras or monitors. With Bibino, you can hear and watch over your baby, soothe your little one remotely back to sleep with your voice or sweet lullabies. With features like two-way audio and video, monitoring history, smart alerts, and night vision, **Bibino is a must-have app for new and expecting parents.**

Download Bibino for free at [www.bibinoapp.com](http://www.bibinoapp.com)



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Created with love by **Storky** team

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