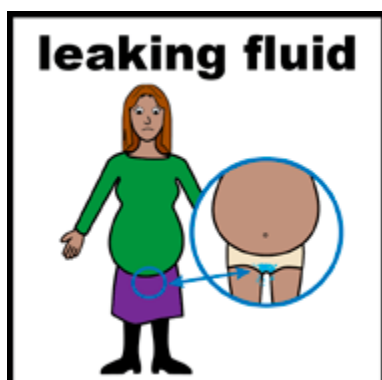
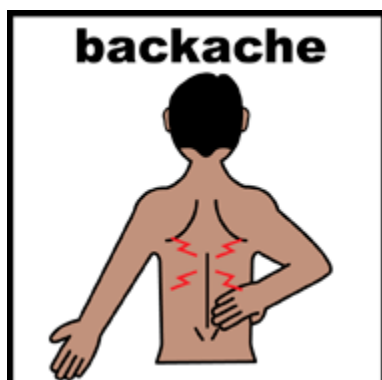


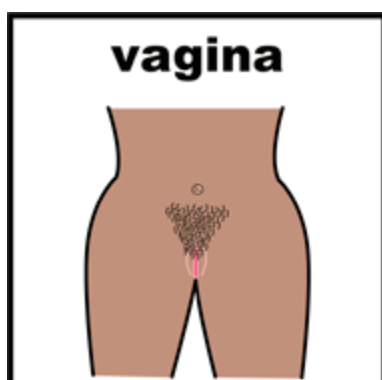
## Signs of Labour (Easy Read)



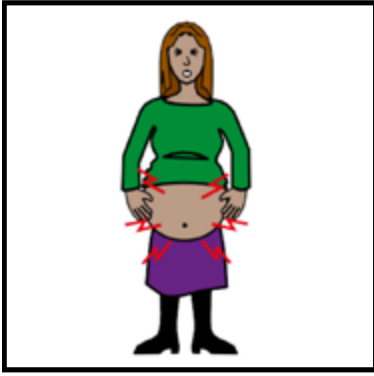
- You may feel a gush or trickle of warm fluid come from your vagina.
- This fluid should be clear.
- If the fluid is green or brown please go to Maternity Triage.
- Labour does not always start if your waters go.
- If your waters leak please let maternity triage know.



- You may feel pain in your lower back.



- You may have a show.
- This is a jelly like plug of mucus.
- The show comes from your cervix.
- It can be clear or pink or dark red or brown.



- You may experience contractions.
- Contractions feel like your lower tummy is tightening.
- Contractions may feel painful.
- Contractions become more regular when you are in labour.



- If you have any of these signs, please call maternity triage on 01392 406616.
- The Midwives on the phone will give you advice.



- If you and your partner are unable to phone maternity triage, please just attend.

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This information can be offered in other formats on request, including a language other than English and Braille.

**RD&E (Eastern Services) main switchboard: 01392 411611      NDDH (Northern Services) main switchboard: 01271 322577**

**For Royal Devon services log on to: <https://royaldevon.nhs.uk>**

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