



If it is your second or subsequent baby, you may be advised to come to hospital when your contractions are every five minutes and lasting for 45 seconds.

You can call your maternity unit for support at any time, and your midwives will advise you on when to come to hospital. If you're planning a homebirth, your midwife will come and visit you at home at the appropriate time.

Many women find trying different positions, walking, a warm bath, distraction and relaxation techniques, massage and resting in between contractions useful when at home. You may also want to think about using a Transcutaneous electrical nerve stimulation (TENS) machine if your contractions start to feel uncomfortable.

It is important to have **regular light snacks** (even if you don't feel hungry) and to sleep when possible. It is also important to drink normally, taking regular small sips of fluids in order to remain hydrated. You don't need to drink more than you would normally.

Waters breaking (rupture of membranes)

The amniotic sac is the fluid filled bag that your baby grows inside during pregnancy, and this sac will break before your baby is born. When it breaks, the fluid will drain out from the vagina. Most women's waters break during labour, but it can happen before labour starts.