

# 分娩的各个阶段

## Stages of Labor

As you near the birth of your baby, it is helpful to learn about the 3 stages of labor.

宝宝快要出生时，了解分娩的三个阶段是非常有益的。

### The First Stage of Labor

The first stage is the start of labor and lasts until the cervix is fully open at 10 centimeters. This is the longest stage of labor and can last 12 to 17 hours.

This stage is divided into early labor, active labor and transition.

1. During **early labor**, the cervix dilates from 0 to 3 centimeters. Contractions may last 30 to 60 seconds and occur every 5 to 20 minutes. There may be a pink, slightly bloody or mucous discharge from the vagina. Backache, nausea and diarrhea may also occur.
2. During **active labor**, the cervix dilates to about 7 centimeters. Contractions become stronger and longer, lasting about 1 minute and repeating every 2 to 4 minutes. Pain medicine may be given at this time.
3. During **transition**, the cervix dilates to 10 centimeters. Contractions are stronger and occur more often. Intense pressure in the lower back and rectum may be felt.

#### What you can do:

Relax between contractions. Use the breathing or relaxation techniques you learned in childbirth classes or ask your nurse for help. Do not push until you are told to do so.

### 分娩的第一阶段

第一阶段是从开始分娩到子宫颈完全张开（10厘米）。这是分娩中最长的一个阶段，有可能持续12至17个小时。

这一阶段分为分娩早期、分娩活跃期以及分娩过渡期。

1. 在**分娩早期**，子宫颈从0厘米扩张到3厘米。宫缩可能持续30至60秒，每隔5至20分钟一次。阴道可能会有粉红色的略带点血或黏液状的流出物。也可能出现腰痛、恶心以及腹泻现象。
2. 在**分娩活跃期**，子宫颈扩张到大约7厘米。宫缩变得更剧烈，时间更长，大约持续1分钟，每2至4分钟重复一次。这时可以服用止痛药。
3. 在**分娩过渡期**，子宫颈扩张到10厘米。宫缩更剧烈更频繁。腰部以及直肠可能会感觉到强烈的压力。

#### 您可以采取的行动：

在两次宫缩之间放松自己。利用在分娩课上学到的呼吸或放松技巧，或向护士寻求帮助。未经医生要求不要推挤。

**What your partner can do:**

Encourage and comfort. During early labor, help her change positions every 1 to 2 hours. Provide ice chips and lip balm. Use touch and massage. Use encouraging words.

**The Second Stage of Labor**

The second stage begins when the cervix is fully open and lasts until the baby is delivered, about 1 to 2 hours. During this time, staff will tell you when you can push and help support your body as you deliver your baby.

**What you can do:**

You will be encouraged to push with each contraction. You may be told to push more gently or to stop pushing at times.

**What your partner can do:**

Support her body during delivery. Encourage her and help her count while pushing.

**The Third Stage of Labor**

The third stage is the delivery of the afterbirth called the placenta. This is the shortest stage of labor, lasting 15 to 20 minutes.

**What you and your partner can do:**

Relax and enjoy this time with your baby. Talk to the staff if you have any questions or concerns at any time during labor and delivery.

**伴侣可以采取的行动:**

鼓励并安慰产妇。在分娩早期,每隔 1 至 2 小时帮助产妇变换一次姿势。提供碎冰和护唇膏。进行抚摸和按摩。说鼓励的话。

**分娩的第二阶段**

第二阶段从子宫颈完全张开开始,直到胎儿娩出,大约持续 1 至 2 小时。在这段时间内,医护人员将告诉您何时推挤,并在胎儿娩出时帮助托住您的身体。

**您可以采取的行动:**

医生将鼓励您在每次宫缩时推挤。有时可能会要求您减轻推挤力度,或停止推挤。

**伴侣可以采取的行动:**

在分娩期间托住产妇的身体。鼓励产妇,在产妇推挤时帮产妇计数。

**分娩的第三阶段**

第三阶段是胎盘的娩出。这是分娩中最短的一个阶段,将持续 15 至 20 分钟。

**您和您的伴侣可以采取的行动:**

放松,与你的宝宝共享这一欢乐时刻。分娩期间如有任何疑问或关注,请告知医护人员。

**Talk to the staff if you have any questions or concerns at any time during labor and delivery.**

**分娩期间如有任何疑问或关注, 请告知医护人员。**