

# 產程

## Stages of Labor

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

寶寶快要出生時，瞭解分娩的三個階段是非常有益的。

### 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.

### 第一產程

第一產程是從開始分娩到子宮頸完全張開 (10 公分)。這是時間最長的產程，有可能持續 12-17 個小時。

這一階段分為分娩早期、分娩活躍期以及分娩過渡期。

1. 在**分娩早期**，子宮頸從 0 公分擴張到 3 公分。宮縮可能持續 30-60 秒，每隔 5-20 分鐘一次。陰道可能會有粉紅色的略帶血絲或黏液狀的分泌物。也可能會出現腰痛、噁心以及腹瀉現象。
2. 在**分娩活躍期**，子宮頸擴張至約 7 公分。宮縮變得越來越劇烈，時間更長，大約持續 1 分鐘，每 2-4 分鐘重複一次。這時可以服用止痛藥。
3. 在**分娩過渡期**，子宮頸擴張至 10 公分。宮縮更為劇烈和頻繁。腰部以及直腸可能會感覺到強烈的壓力。

#### 您可以採取的行動：

在兩次宮縮之間放鬆自己。利用在分娩課上學到的呼吸或放鬆技巧，或者向護士尋求幫助。未經醫生要求不要推擠。

**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.

**伴侶可以採取的行動：**

鼓勵並安慰產婦。在分娩早期，每隔 1-2 小時幫助產婦變換一次姿勢。提供碎冰和護唇膏。進行撫摸和按摩。說鼓勵的話。

**第二產程**

第二產程從子宮頸完全張開開始，直至胎兒娩出，大約持續 1-2 小時。在這段時間內，醫護人員將告訴您何時推擠，並在胎兒娩出時幫助托住您的身體。

**您可以採取的行動：**

鼓勵您在每次宮縮時推擠。有時可能會要求您減輕推擠力度，或停止推擠。

**伴侶可以採取的行動：**

在分娩期間托住產婦的身體。鼓勵產婦，在產婦推擠時幫產婦計數。

**第三產程**

第三產程是胎盤的娩出。這是分娩中最短的一個階段，將持續 15-20 分鐘。

**您及您的伴侶可以採取的行動：**

放鬆，與您的寶寶共享這一歡樂時刻。分娩期間如有任何疑問或憂慮，請告訴醫護人員。

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

**分娩期間如有任何疑問或憂慮，請告訴醫護人員。**