

4 STAGES OF LABOR

Stage 1 – Cervical Dilatation

- True labor contractions begin
- Ends at 10 cm dilatation
- Latent, active and transition phase
- Longest stage



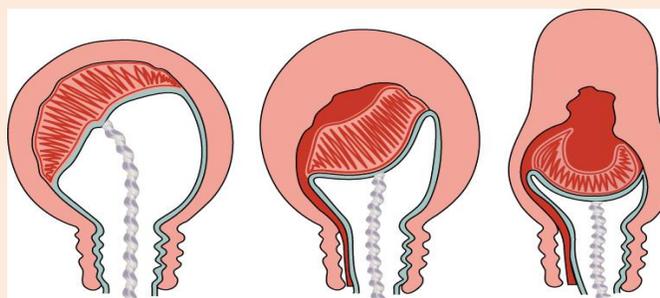
Stage 2 – Expulsion of Baby

- Full dilatation to baby birth
- Strong urge to push
- Fetal descent and crowning



Stage 3 – Placental stage

- Baby delivered
- Placenta separation
- 5-30 minutes



Stage 4 – Recovery stage

- 1-4 hours postpartum
- Monitor vitals
- Check bleeding & fundus
- Risk of PPH



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