

The 9th Month (35 to 40 weeks)

Is it labor?

Yes, it might be labor if contractions:

- Get stronger.
- Get closer together.
- Get more painful instead of weaker.
- Are felt through your whole uterus.
- Are regular (you feel them about every 5 to 10 minutes).

No, it's probably not labor if contractions:

- Are not regular.
- Are not strong.
- Are felt only in your lower uterus.
- Go away when you walk or change position.
- Go away after drinking fluids.

Things you can do:

- When your contractions start, note when they start and how long they last. Your doctor will want to know how long it is between the beginning of one contraction and the beginning of the next.
- If your water breaks, call the doctor!
- If you are overdue, don't worry. A lot of women go past their due date. Your doctor will keep a close eye on you to make sure the baby is OK.
- If you are worried, call us — we will talk to you about it.