

**Julie Lamppa, CNM**  
**Certified nurse midwife**  
**Mayo Clinic Rochester**

**Baby Season: Fruits of Labor transcript**

**Julie Lamppa - Quality of Contractions: (:17)**

“The two qualities of contractions that I want people to watch out for are contractions that are consistently getting closer together and more regular ,and most importantly, consistently getting stronger, stronger, stronger over the time frame.”

**Julie Lamppa - If you’ve had prior C-section (:14)**

“Now, of course, there are going to be certain circumstances that are going to alter from that. And, that would be maybe if someone is choosing to have a vaginal birth after a caesarean, well, we might be want to be more conservative with those instructions then.”

**Julie Lamppa - Other signs of labor (:16)**

“Other signs of labor would be your water breaks. So that could be a consistent trickle of water, not an increase of discharge but of water or the classic big gush, you know, that everybody fears that will happen to them while they are walking in the grocery store but which doesn’t really happen very often. So sometimes water breaks before contractions start. We would need to hear from you”.

**Julie Lamppa Less common symptoms (:12)**

“Sometimes people can experience kind of GI distress but not always, some people will have that nesting but that typically is prior to labor but the contractions and the water breaking are typically what send people to the hospital”