

產兆的認識

Pre-Delivery Signs

恭喜妳要生產了，生產是懷孕中最緊要的關頭，關係產婦和新生兒甚大，如果產婦在生產前對產兆先有所認識，就可以較從容的態度來面對生產。下面就分別為妳介紹—
Congratulations on your coming delivery. Delivery is the most critical moment of pregnancy that has great impact on the maternal woman and newborns. It will help maternal woman to face delivery with more relaxing attitude if the maternal woman has some knowledge on pre-delivery signs before the delivery. The following is the introduction:

☺有下列任一接近預產期的產兆時，應留意後續自身變化及做待產用品準備：

Expectant women should pay attention to the change in body and prepare the pre-delivery supplies in case of the following pre-delivery signs as one approaches the expected date of delivery.

1.輕快感：在生產前二星期，胎兒的胎頭下降至骨盆腔，孕婦會感覺到呼吸順暢，東西也較吃得下。

1. Lightness: In two weeks prior to delivery, the fetal head is lowered to the pelvis cavity while the expectant mother will perceive smooth breathing and can eat more things.

2.現血：陰道分泌物帶少量之血性粘液、暗褐色（俗稱見紅），可能在生產前幾天出現。

2. Bloody show: The vaginal discharge carries small amount of bloody mucosa and appears in dark brown color, which could appear in few days before delivery.

3.假陣痛：在生產開始之前幾天，常有不規則之腰酸及下腹痛，偶發生不規則之宮縮。當出現假性陣痛時可藉由走動減輕疼痛的感覺。

3. False Labor Pains: In few days before the delivery, expected mother will perceive irregular sore back and lower abdominal pain with occasionally irregular contraction. Expected mothers can walk around to reduce the painful feeling when the false contraction appears.

☺有下列任一即將生產的產兆時，應立即到醫院：

Go to the hospital immediately in the event of any of the pre-delivery signs for delivery.

1.規律陣痛：初產婦當子宮呈現規則性收縮時(約 3-5 分鐘收縮一次)且收縮的時間間隔愈來愈短；經產婦只要子宮收縮呈現規則性即應到醫院待產。

1. Regular contraction: Primipara will have regular contraction (about 3~5 minutes per contraction) while the contraction time interval is getting shorter and shorter; while multipara should go to the hospital for labor as long as the contraction becomes regular.

2.有急產經驗者(陣痛到生產只有 2-3 小時)只要感覺腹部脹脹墜墜的，即應到醫院。
2. Women with experience of precipitate labor (only 2~3 hours from contraction to labor) should go to the hospital immediately as long as they perceive swelling and falling abdomen.

3.破水：指陰道流出大量水樣的液體（此液體為羊水，沒有味道且清澈無色，或是呈現淡黃色、墨綠色），無法控制羊水不流出來，可能是持續大量流出，也有可能是少量斷斷續續，此時妳可以先墊衛生棉，雖沒有陣痛也要馬上到醫院檢查。

3. Rupture of membranes: refers to the large flow of liquid from the vagina (this liquid is the amniotic fluid that is odorless, clear and transparent or appears in light yellow and dark green). You cannot control the amniotic fluid not to flow out and it could be gushing out constantly or could be flowing on and off. Put on a pad but go to the hospital for checkup even if there is not contraction.

4.胎動減少—若吃東西及搖動肚子後觀察仍無明顯胎動，則建議到院檢查。

4. Reduced fetal movement – if the belly is observed without significant fetal movement after eating and shaking, the maternal woman is suggested to seek medical advice at the hospital.

5.出血量變多且鮮紅色，現血量如同月經來潮第二天的經血量。

5. Bleeding increases and becomes bright red. The amount of blood looks like the second day of menstruation.

☺到醫院來要帶些什麼東西：

- 1.個人清潔用品(牙刷、牙膏和毛巾...)
- 2.夫婦身份證及健保卡。
- 3.孕婦健康手冊
- 4.產墊、免洗褲與衛生紙。

☺What to bring to the hospital:

1. Personal cleaning supplies (toothbrush, tooth paste, and towel...).
2. The identification and health insurance cards of both husband and wife.
3. Health manual of the couple.
4. Delivery pad, disposable underwear and toilet paper.

參考資料：

李從業總校訂(2014) · 產科護理(七版) · 台北：華杏。

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉產房分機 4601、4602

婦產科衛教室分機 5403

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