

LABOR, CHILDBIRTH, AND POSTPARTUM TERMINOLOGY--KEY

1. BRAXTON-HICKS CONTRACTIONS when the uterus contracts at irregular intervals throughout pregnancy. They exercise and prepare the uterus for labor and help circulate maternal blood.
2. STILL BIRTH when a full-term baby is dead at birth.
3. SADDLE BLOCK low spinal, numbs from lower belly down, must stay flat 18-24 hours, and often be catheterized.
4. FONTANEL the soft spot on top of the bay's head where the skull bones have not grown together.
5. CESAREAN when a baby is delivered through a cut in the abdominal wall.
6. TRANSITION labor from 8-10 centimeters dilation, often considered the hardest part of labor. It ends the first stage of labor.
7. PARICERVICAL BLOCK anesthetic given in cervix and lower lateral border of uterus to numb that area.
8. COLOSTRUM rich, watery fluid that comes from mother's breast before milk comes.
9. INDUCED ABORTION a procedure that terminates the fetus before full term.
10. NATURAL CHILDBIRTH child birth without need of pain killers; preparation to relieve fear, tension, and pain before birth.
11. STATION refers to the level of the infant's head as it descends into the birth canal.
12. EPIDERAL BLOCK an injection between vertebrae in the lower back to numb the navel to thigh area.
13. AFTERBIRTH the placenta, umbilical cord, amniotic sac, and lochia delivered as the third stage of labor.
14. SPINAL BLOCK anesthetic given in spinal fluid around the spinal cord.

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| 15. | <u>POSTPARTUM</u> | time from birth to 6 weeks for mother. |
| 16. | <u>DELIVERY</u> | birth of the baby from birth canal to the outside world. |
| 17. | <u>GYNECOLOGIST</u> | a physician who is trained in female concerns. |
| 18. | <u>INACTIVE LABOR</u> | the purpose is to open the cervix to about 3 cm. It is the longest and least uncomfortable labor and often occurs at home. |
| 19. | <u>POSTNATAL</u> | time from birth to 6 weeks for baby. |
| 20. | <u>SHOW</u> | the plug covering the cervix. It is released at the beginning of labor and is pinkish red in color. |
| 21. | <u>ANALGESIC</u> | a drug that relieves or diminishes the sense of pain. |
| 22. | <u>ANESTHESIOLOGIST</u> | a doctor who administers anesthesia. |
| 23. | <u>CIRCUMCISION</u> | removal of extra skin at the head of a penis. |
| 24. | <u>CONTRACTIONS</u> | tightening of uterine muscles that help move the baby from the uterus to and through the birth canal. |
| 25. | <u>DILATION</u> | refers to the size of the round opening of the cervix. 10 centimeters or 5 fingers is full dilation. |
| 26. | <u>EFFACEMENT</u> | when the length of the cervical canal is shortened because it is thinning out to prepare for birth. |
| 27. | <u>EPISIOTOMY</u> | cutting of perineum during birth to prevent skin from tearing and make the delivery easier. |
| 28. | <u>INVOLUTION</u> | returning of uterus from pregnancy size to non-pregnant state. |
| 29. | <u>NATURAL ABORTION</u> | same as miscarriage or natural birth of fetus before full term. |
| 30. | <u>PEDIATRICIAN</u> | the physician trained to care for children up to the age of adolescence. |

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| 31. | <u>PLACENTA</u> | attached at the end of the umbilical cord to the uterine wall to transport nourishment from mother to baby. |
| 32. | <u>PUDENTAL BLOCK</u> | a shot of anesthetic that numbs the pelvic area (includes nerve fibers in the external organs, perineum, vagina, and vulva). |
| 33. | <u>ANESTHETIC</u> | relieves all sensation of pain. |
| 34. | <u>ENEMA</u> | when warm water is inserted into the rectum to remove the solid waste. |
| 35. | <u>LOCHIA</u> | a heavy vaginal discharge after the birth of the baby. The average flow is 21 days. |
| 36. | <u>CAUDAL BLOCK</u> | given in a space at the base of the back bone. It numbs the lower back and buttocks. |
| 37. | <u>OBSTETRICIAN</u> | physician who is trained in female concerns but also gives prenatal care, delivers babies, and gives postnatal care. |
| 38. | <u>LIGHTENING</u> | movements of the baby into head down position at the end of pregnancy providing relief of pressure on the rib cage. |
| 39. | <u>BREECH</u> | when a baby is born bottom or feet first. |
| 40. | <u>ACTIVE LABOR</u> | the cervix dilates from 3-7 cm, contractions 2-3 minutes apart. |
| 41. | <u>PERINEUM</u> | skin between vaginal opening and the anus which is cut during delivery. |
| 42. | <u>CROWNING</u> | when the baby's head can be seen at the vaginal opening and is ready to be born. |
| 43. | <u>PREMATURE</u> | a baby born before developing full term and weighing under 5 1/2 pounds. |
| 44. | <u>MISCARRIAGE</u> | natural birth of fetus before it is developed fully, not full term. |

45. APGAR SCORE a visual reading of the newborn that checks color, respiration, reflex irritability, pulse, and muscle tone.
46. LABOR the work of the mother and baby to help the baby be delivered.