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. **PARACERVICAL 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. **EPIDERMAL 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.
15. **POSTPARTUM**  
   time from birth to 6 weeks for mother.

16. **DELIVERY**  
   birth of the baby from birth canal to the outside world.

17. **GYNECOLOGIST**  
   a physician who is trained in female concerns.

18. **INACTIVE LABOR**  
   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. **POSTNATAL**  
   time from birth to 6 weeks for baby.

20. **SHOW**  
   the plug covering the cervix. It is released at the beginning of labor and is pinkish red in color.

21. **ANALGESIC**  
   a drug that relieves or diminishes the sense of pain.

22. **ANESTHESIOLOGIST**  
   a doctor who administers anesthesia.

23. **CIRCUMCISION**  
   removal of extra skin at the head of a penis.

24. **CONTRACTIONS**  
   tightening of uterine muscles that help move the baby from the uterus to and through the birth canal.

25. **DILATION**  
   refers to the size of the round opening of the cervix. 10 centimeters or 5 fingers is full dilation.

26. **EFFACEMENT**  
   when the length of the cervical canal is shortened because it is thinning out to prepare for birth.

27. **EPISIOTOMY**  
   cutting of perineum during birth to prevent skin from tearing and make the delivery easier.

28. **INVOLUTION**  
   returning of uterus from pregnancy size to non-pregnant state.

29. **NATURAL ABORTION**  
   same as miscarriage or natural birth of fetus before full term.

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