

Birthing Your Placenta: The Third Stage of Labour

The third stage of labour is the birth of the placenta. This can be a quick and easy process, or it can take some time and effort. Here's what to expect and how to help it along.



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by Sara Wickham

★★★★☆ 4.7 out of 5

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What is the placenta?

The placenta is a vital organ that develops during pregnancy. It provides oxygen and nutrients to the developing baby and removes waste products. The placenta is attached to the wall of the uterus and is delivered after the baby is born.

What happens during the third stage of labour?

The third stage of labour begins after the baby is born. The uterus will continue to contract, which will help to separate the placenta from the wall

of the uterus. The placenta will then be expelled through the vagina.

The third stage of labour can last anywhere from a few minutes to an hour. It is typically less painful than the first and second stages of labour.

How can I help the placenta to be delivered?

There are a few things you can do to help the placenta to be delivered:

- Stay calm and relaxed. This will help your uterus to contract more effectively.
- Push gently when you feel a contraction. This will help to expel the placenta.
- Massage your uterus. This can help to stimulate contractions and detach the placenta.
- Drink plenty of fluids. This will help to keep your uterus hydrated and contracting.

What if the placenta doesn't deliver?

In some cases, the placenta may not deliver on its own. This is called retained placenta. Retained placenta can be dangerous because it can lead to infection or hemorrhage. If you have retained placenta, you will need to have it removed by a doctor.

What are the signs of retained placenta?

The signs of retained placenta include:

- Bleeding that is heavier than a normal menstrual period

- Cramps that are more severe than normal menstrual cramps
- Fever
- Chills
- Foul-smelling vaginal discharge

If you experience any of these symptoms, it is important to contact your doctor immediately.

The third stage of labour is an important part of the birthing process. By understanding what to expect and how to help the placenta to be delivered, you can help to ensure a safe and healthy delivery.



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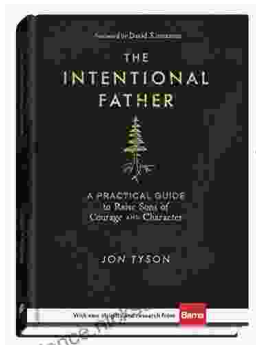
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