1. **Perinatal Health and/or Uterine Distress (Uterine Pain)
   - Perinatal health problems are often associated with pain.
   - If you experience pain during labor, talk to your healthcare provider.

2. **Signs and Symptoms Important to Note
   - Pain is not a normal part of labor.
   - If you experience pain or feel like you are not progressing, you should speak with your healthcare provider.

3. **Labor and Birth
   - Labor pain is a normal part of childbirth.
   - Pain during labor should be managed with pain relief measures.
   - If you experience severe pain, speak with your healthcare provider.

4. **Perinatal Health and/or Uterine Distress
   - Perinatal health problems can cause pain.
   - If you experience pain, speak with your healthcare provider.
   - Pain can be managed with pain relief measures.

5. **Preventing Complications
   - Early intervention can prevent complications.
   - If you experience pain, speak with your healthcare provider.

6. **Postpartum Care
   - Postpartum care is important for recovery.
   - If you experience pain, speak with your healthcare provider.

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**Department of Health**

NYS Growing Up Healthy

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