



# HOW TO CALCULATE THE DURATION AND FREQUENCY OF CONTRACTIONS

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## 1 DURATION

The duration of a contraction is calculated from the moment it starts until it ends. For example, if a contraction starts at 10 a.m. and ends 30 seconds later, its duration is 30 seconds.

## 2 FREQUENCY

Contraction frequency is calculated from the start of one contraction to the start of the next one. For example, if the first contraction starts at 10 a.m. and the next contraction starts at 10:10 a.m., the contraction frequency is 10 minutes.

START OF CONTRACTION	END OF CONTRACTION	DURATION OF CONTRACTION	FREQUENCY OF CONTRACTIONS

**Example:**

Start: 10 h 00 m 00 s	10 h 00 m 30 s	30 s	-
10 h 10 m 00 s	10 h 10 m 30 s	30 s	10 m