

WARNING SIGNS OF PRETERM LABOR

Premature labor (also called “preterm” labor) is labor that starts before 37 weeks of pregnancy, or more than 3 weeks before your due date. Premature labor can often be stopped if you catch it early. Check for warning signs every day.

✓ **Uterine Contractions**

If you feel your uterus tightening or the baby “balling up” 5 times or more an hour, you might be in labor.

✓ **Menstrual-Like Cramps**

These feel like you’re having a period. They may come and go or be constant.

✓ **Abdominal Cramps**

These are stomach cramps with or without diarrhea.

✓ **Low Backache**

There is a backache near your tailbone that comes and goes or is there all the time.

✓ **Pelvic Pressure**

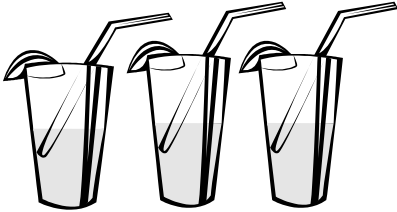
This feels like the baby is pushing down in your vagina.

✓ **Change in vaginal discharge**

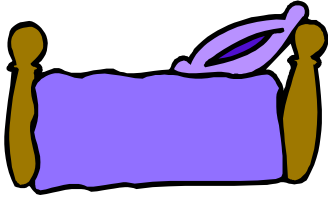
You may notice a sudden increase in your discharge, or that it becomes more slimy, watery or slightly bloody.

IF YOU HAVE ONE OR MORE OF THESE SYMPTOMS, YOU MIGHT BE IN PREMATURE LABOR AND SHOULD:

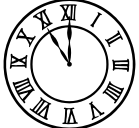
Drink 2-3 glasses of water or juice.



Lie down on your left side.



If the symptoms are not gone in 1 hour



call your doctor/midwife or clinic right away

