



PRETERM LABOR

What to do if you go into preterm labor

A baby that is born too early (before the 37th week of pregnancy) can have serious health problems. When a mother goes into labor too soon, it is called preterm labor.

My due date: _____

I will be at 37 weeks on: _____

Here is a list of the signs of labor. You may only have one or two of these signs.

- Contractions (belly tightens like a fist) 10 minutes apart or less
- Changes in vaginal discharge like bleeding or fluid leaking from your vagina
- Stomach cramps that feel like you have diarrhea or gas
- Cramps that feel like you are having your period
- Pelvic pressure or a feeling that the baby is pushing down
- A low, dull backache

**BE A HEALTHY MOM.
HAVE A HEALTHY BABY.**

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If you think you are going into labor before 37 weeks:

- Drink 3-4 glasses of water or juice. Dehydration can sometimes cause contractions.
- Lie on your left side for one hour.
- Feel for contractions. Time how many minutes there are between contractions.

Call your provider right away if you have fluid leaking or bleeding from your vagina or if your symptoms don't go away within one hour.

My prenatal care provider's telephone number:

Other instructions from my provider:

Keep this card handy. If you think you are going into preterm labor, it will tell you what to do.

