



## 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.**

# PRETERM LABOR

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:

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Other instructions from my provider:

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

