



NEED TO KNOW

Preterm Labor

WHAT IS IT?

Pre-term labor is when a woman goes into labor before the 37th week of pregnancy, or about three weeks before her due date. The earlier the treatment, the better the chances of stopping it.

SIGNS OF PRE-TERM LABOR:

You may have some or all of these:

- Contractions - it may or may not feel like pain, but your stomach will get very hard on and off. It feels like it is tightening.
- Cramps – it may feel like you are getting your period
- Gas-type pains – sharp pains in your stomach. You may have diarrhea or nausea.
- Low pelvic pressure
- Low backache
- Bleeding or spotting – blood can be red or brown in color.
- Increased discharge from your vagina – may be watery, pinkish, or brownish in color.

CALL YOUR DOCTOR IMMEDIATELY IF YOU ARE:

- bleeding or leaking fluid from the vagina
- having discomfort, pain or cramping in the lower abdomen
- running a fever or have chills
- having problems seeing or blurred vision
- having severe or long-lasting headaches
- getting sudden or severe swelling in the face, hands, or fingers
- feeling changes in your baby's movement after 28 weeks of pregnancy (less than 10 movements in 2 hours or less)