

PRETERM SIGNS & SYMPTOMS

Preterm Labor occurs **BEFORE** the 37th week of pregnancy and can lead to premature birth. The earlier premature birth happens, the greater the health risks for you and your baby.



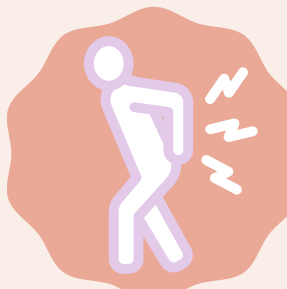
CONTRACTIONS

The abdomen feels like it tightens like a fist every 10 minutes or more often



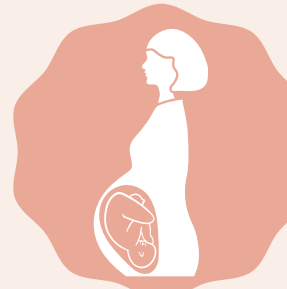
CRAMPS

Abdominal cramps that may come with or without diarrhea. Can feel similar to menstrual cramps



BACKACHE

Can be constant, low and dull back pain. Usually located in the lower back



PELVIC PRESSURE

The feeling that the baby is pushing down



VAGINAL DISCHARGE

An increase in the amount of discharge or leaking fluid or bleeding from the vagina than usual



WATER BREAKS

The sac (amniotic membrane) surrounding the baby breaks. This is called preterm premature rupture of membranes (PPROM)

RISK FACTORS



Tobacco Use



Infections (UTIs or STIs)



Substance Use



Teens and Women Over 35



Stress



Prior Preterm Birth

Carrying More Than One Baby (Twins, Triplets, or More)

WHAT YOU CAN DO



Seek medical attention for any warning signs or symptoms of preterm labor



Seek regular prenatal care with your health care provider/care team



Consider pregnancy spacing. Waiting more than 18 months.

WANT MORE TIPS?

Find more at GlobalPerinatal.org