



SIGNS AND SYMPTOMS OF PRETERM LABOR

Preterm labor is labor that happens too early, before 37 weeks of pregnancy. **Your baby could be born too soon and have serious health problems.**

LEARN THE WARNING SIGNS OF PRETERM LABOR



Constant low, dull backache



Frequent contractions that may or may not be painful



Belly cramps with or without diarrhea



Feeling that your baby is pushing down



Change in your vaginal discharge or more vaginal discharge than normal



Your water breaks



WHAT YOU CAN DO

If you have even one sign or symptom of preterm labor, call your health care provider right away. Getting timely medical attention could possibly stop your labor from progressing and improve you and your baby's chances of a healthy birth.