

**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.

For more information, visit marchofdimes.org/pretermlabor