

My name _____

My baby is due on _____

Doctor or clinic telephone _____

Hospital telephone _____

For more information call the **CARE-LINE**
1-800-662-7030



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Prevent
Preterm
Labor

Know The
Warning
Signs



Know The Warning Signs Of Preterm Labor

- ▶ **Contractions of the uterus**—Six or more in 1 hour
- ▶ **Cramps in the stomach:**
 - with or without diarrhea
 - that come and go, or that don't go away
- ▶ Any changes in **discharge** from the vagina
- ▶ **Pressure**—that feels like the baby is pushing down
- ▶ **Low, dull backache**—that comes and goes, or doesn't go away

If you have ANY signs of preterm labor:

- ▶ Lie down on your side for an hour
- ▶ While resting, **drink two or three glasses of water** or juice

If signs do not go away after 1 hour, call your doctor or clinic immediately.

Preterm Labor Is Labor Three Or More Weeks Before Your Due Date