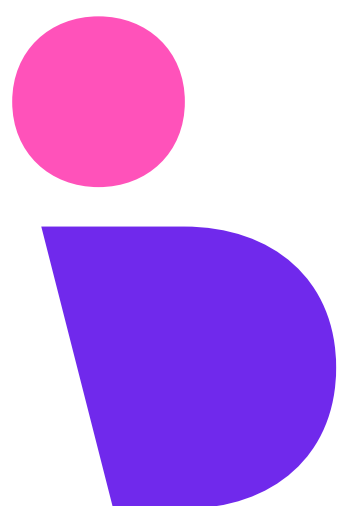


SIGNS AND SYMPTOMS OF PRETERM LABOR



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 SIGNS AND SYMPTOMS OF PRETERM LABOR:



Regular or frequent contractions that may or may not be painful

Constant low, dull backache

Belly cramps with or without diarrhea

The feeling that your baby is pushing down

Change in your vaginal discharge or more vaginal discharge than usual

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.



When you see your provider, she may check your cervix to see if you're in labor. If you are, she may give you treatment to help stop labor or to improve your baby's health before birth.

[MARCHOFDIMES.ORG/PRETERMLABOR](https://www.marchofdimes.org/preterm-labor)