
My name

My baby is due on

Doctor or clinic telephone

Hospital telephone

For More Information: 1-800-FOR-BABY
(367-2229)



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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