

# Labor Precautions

If you are experiencing the following symptoms you may be in premature labor if the symptoms occur before 37 weeks of gestation. Premature labor is not always painful; however there are several warning signs and symptoms:

- Tightening of the abdomen that becomes constant or comes and goes
- Contractions every 10 minutes, you start from the beginning of one contraction to the beginning of the next to determine how far apart the contractions are
- Cramping like your menstrual cycle. Cramping can be in the abdomen or lower back
- Lower abdominal pressure or cramping that feels like gas pains
- Vaginal discharge that is increased or dripping from the vagina that is clear
- Bloody discharge from the vagina
- Symptoms similar to the flu -nausea, vomiting or diarrhea
- You do not feel your baby kick or it's less than your baby normally kicks

**If you are having any of these signs or symptoms, please call your doctor's office right away.** Pre-term labor can cause your baby to arrive early. Understanding pre-term labor and recognizing the signs and symptoms can increase your chance of stopping a premature delivery.