

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.