

Warning signs of Preterm Labor!

- 1. Uterine Contractions**
Four (4) or more per hour-may be painless
- 2. Menstrual-Like Cramps**
Felt low in the abdomen; may be constant or may come and go
- 3. Lower, Dull Backache**
Lower back pain that may radiate to the sides or the front, not relieved by change of position
- 4. Pelvic Pressure**
It may feel as though the baby is going to “fall out”
- 5. Stomach Cramps**
You may have the feeling of “gas pains” with or without diarrhea
- 6. Increase or Change in Vaginal Discharge**
May become pink or brown tinged, mucousy or watery
- 7. A General Feeling That Something Is Not Right**
You may just not feel well, even without a specific cause