

Preterm Labor Precautions

In reviewing your history, we have discussed that you may be at risk for preterm labor. To help prevent premature delivery, it is important that you watch for these signs. If you have any of the following signs or symptoms, please call our office.

- Painful menstrual-like cramps
- Dull, low backache
- Pain or pressure around the bladder
- Pelvic pressure or heaviness or thigh pain
- Change in consistency or amount of vaginal discharge
- Intestinal cramps – with or without diarrhea
- Any spotting: brown, pink, or red
- 4 or more contractions in 1 hour
- Water bag leaking or breaking
- Less than 10 fetal movements per day

In addition, drink plenty of fluids, eat a well-balanced diet high in protein, and get sufficient rest. If you show sign of preterm labor, we will discuss with you further the need for pelvic rest; no intercourse or orgasm, bed rest, and more frequent pelvic exams.