

SIGNS OF PRETERM LABOR – 22 TO 35 WEEKS

Preterm labor happens when you go into labor before the baby is mature enough to be born and survive on its own outside of the uterus. It is a serious complication of labor and deserves your close attention. Some conditions may make you at higher risk of having preterm labor. They are:

- Twins
- Previous surgery on your cervix
- Previous preterm labor
- A forceful blow to your abdomen
- Infection in the bladder (urine) or vagina

Here are some things that may be signs of preterm labor:

- Contractions (painful or painless) that are 6 or more in an hour and persist even after you drink 16 ounces of water and lie down for an hour.
- Persistent lower abdominal cramping like a menstrual cramp that comes and goes.
- Vaginal bleeding (other than slight spotting within 24 hours of a pelvic exam).
- Leaking water from your vagina

SIGNS OF LABOR – 35 WEEKS OR AFTER

- Contractions every five minutes that have been that way for an hour
- Leaking water from your vagina (a gush of fluid or a constant dribbling)
- A lot of bright red bleeding from your vagina (a little spotting or pinkish mucus is normal.)

Other important signs:

- If your baby isn't moving enough
- If you have a severe persistent headache, blurry vision or spots in front of your eyes, or severe upper abdominal pain.
- If you are scheduled for a c-section and you have signs of labor.

If you have any of these signs of labor or preterm labor, call the office if it is during office hours. If it is after office hours, go to the Emergency Room at Clovis Community Hospital.

It is not necessary to call before going to the hospital, if it is after hours. It is not necessary to call if you lose your mucus plug. You can discuss that at your next visit.