Prevent Preterm Labor
Know The Warning Signs

My name

My baby is due on

Doctor or clinic telephone

Hospital telephone

For more information call the CARE-LINE
1-800-662-7030

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If you have ANY signs of preterm labor:

- Lie down on your side for an hour
- While resting, drink two or three glasses of water or juice

If signs do not go away after 1 hour, call your doctor or clinic immediately.

### Know The Warning Signs Of Preterm Labor

<table>
<thead>
<tr>
<th>Warning Signs</th>
<th>Action</th>
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<td>Contractions of the uterus—Six or more in 1 hour</td>
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| Cramps in the stomach:
  - with or without diarrhea
  - that come and go, or that don’t go away |        |
| Any changes in discharge from the vagina |        |
| Pressure—that feels like the baby is pushing down |        |
| Low, dull backache—that comes and goes, or doesn’t go away |        |

Preterm Labor Is Labor Three Or More Weeks Before Your Due Date