



be smart. be healthy.

right FROM THE **start**

AM I GOING INTO LABOR SOONER THAN I SHOULD?

*Learn the signs of preterm (too-early)
labor and when to go to the hospital*



Babies born too early may have more health problems or need to stay in the hospital longer. Learning the signs of preterm (too-early) labor may help keep your baby from being born too soon.

- Contractions that make your belly tighten up like a fist every 10 minutes or more often.
- Change in vaginal discharge (leaking fluid or bleeding from your vagina).
- The feeling that your baby is pushing down.
 - Low, dull backache.
 - Cramps that feel like your period.
- Belly cramps with or without diarrhea.



What to do: Call your health care provider or go to the hospital right away if you think you are going into preterm (too-early) labor.

This material does not replace the advice of your health care provider.
Ask him/her for more information on this topic.

Funding provided by the Florida Department of Health, supported in part by project H5MMC10873 from the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau (Title V, Social Security Act).