

If you go into labor before it's time to have the baby, you need medical care right away.

How can you tell if you are going into labor before it is time? You can watch for these warning signs:

Warning Signs (Call your health care provider right away, day or night, even if you have only one of these signs or symptoms):

- **Stomach ache or cramps in your belly**
 - ◆ You may/may not have diarrhea
- **Contractions**
 - ◆ Your uterus tightens/cramps 6 or more times in 1 hour
- **Feeling like the baby is pushing down**
 - ◆ You may feel pain or pressure in your lower belly, thighs, or around your vagina
- **Change in the discharge from your vagina**
 - ◆ There may be more mucus or the discharge may be bloody or watery
- **Lower backache**
 - ◆ You may feel pain or a dull pressure in your back, or have back pains that come and go in a regular pattern
- **Your water breaks**

“If you have even one sign or symptom of preterm labor, call your health care provider right away.”

Here's what you can do:

If you feel any of these warning signs, do this test:

- Drink 2 to 3 glasses of water
- Lie down and turn on your left side
- Feel for contractions. Place your hands lightly on your bare belly. If you can feel your muscles get tight and then soft, this is a contraction.
- Count the number of contractions you feel
- Do this for up to 1 hour

Call your health care provider right away if you answer “yes” to one or more of these questions:

- Am I having 6 or more contractions in one hour?
- Do I have bleeding or discharge from my vagina?
- Have any of the warning signs listed on this page lasted for 1 hour?



Our office phone number:

When we are closed, call:
