

My due date:

Physician or Nurse
Practitioner's telephone
number:

Hospital telephone number:

How you can
help prevent...

Preterm Labour

Health PEI
One Island Health System

August 2015

15HPE43-42820

Preterm labour is labour that happens before the 37th week (8½ months) of pregnancy.

Know the warning signs!

- Regular contractions or tightenings
- Menstrual-like cramps
- Low, dull back pain
- Pelvic pressure that feels like the baby is pushing down
- Abdominal cramps with or without diarrhea
- Change in vaginal discharge
- A general feeling that something is not right

Call your doctor or nurse practitioner right away if you have fluid or blood leaking from your vagina.

If you have any of these warning signs:

- Stop what you are doing.
- Lie down, tilted on your left side.
- Do not lie flat on your back. Rest and check for contractions for one hour.
- Drink 2-3 glasses of juice or water.
- If symptoms go away after that hour, you can carry on with light activity.

If you have four or more contractions in one hour, or if the warning signs do not go away, call your Physician or Nurse Practitioner or go into the hospital right away.