



Signs and Symptoms of Pre-Term Labor

Early signs and symptoms of labor are subtle and many times are missed. Listed below are many of the signs and symptoms women in pre-term labor have described and what you should do if you experience any of these symptoms. Any new or unusual feelings or symptoms should always be reported.

Early Signs and Symptoms

- Uterine contractions: these may be painless, feel like menstrual cramps, or a very mild tightening of the tummy
- Backache
- Pelvic pressure
- A sudden change in your vaginal discharge such as an increase in amount, blood-tinged or pinkish, or foul smelling
- Flu-like symptoms such as nausea, vomiting, or diarrhea

What to Do

- Go to the bathroom and empty your bladder
- Check to make sure you have not missed a dose of any medication you might be taking
- Drink a large glass of water or juice
- Rest on your **LEFT** side, lying down

Call the office Immediately

If you have:

- Sharp, continuous stomach pains
- Bright red vaginal bleeding – larger than the size of a quarter
- Any large gush of vaginal fluid, this could be your bag of water. We always want to see you right away if you suspect your bag of water (membrane) has broken