

## **Warning Signs of Preterm Labor**

1. Uterine contractions or tightenings (frequent tightening or balling-up of the uterus--may be painless)
2. Menstrual-like cramps (constant, or come and go, just above the pubic bone)
3. Low, dull backache (not relieved by bed rest)
4. Pressure in the lower abdomen or vaginal area (feels like the baby is pushing down)
5. Increase or change in vaginal discharge (mucousy, watery or bloody)
6. Abdominal cramping (with or without diarrhea)
7. Fluid leaking from the vagina (continuous or in between urination)

If you have four or more contractions in an hour (even light ones), lie on your left side and drink five large glasses of water.

If contractions continue still, four or more in an hour, don't hesitate--Call Your Doctor!

Numbers to remember:

A Renaissance – (719) 282-4066

Memorial Hospital North - (719) 364-5000

Mem North Labor and Delivery: (719) 364-3802