

WARNING SIGNS AND SYMPTOMS OF PREMATURE LABOR INCLUDE:

- Five or more uterine contractions in an hour
- Watery fluid leaking from your vagina (this could indicate that your water has broken)
- Menstrual-like cramps in the lower abdomen that can come and go or be constant
- Low, dull backache felt below the waistline that may come and go or be constant
- Pelvic pressure that feels like your baby is pushing down
- Abdominal cramps that may occur with or without diarrhea
- Increase or change in vaginal discharge

IF YOU THINK YOU ARE FEELING MORE CONTRACTIONS OR CRAMPING THAN USUAL, TAKE SOME TIME TO LAY DOWN AND HYDRATE. IF THEY DON'T IMPROVE AFTER AN HOUR, CALL YOUR DOCTOR.

Source:

<https://americanpregnancy.org/healthy-pregnancy/labor-and-birth/premature-labor/>

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