

This material does not replace the advice of your health care provider.
Ask him/her for more information on this topic.
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For more tips on your health:

right FROM THE start
— be smart. be healthy. —

AM I GOING INTO LABOR SOONER THAN I SHOULD?

*Learn the signs of preterm (too-early)
labor and when to go to the hospital*



Babies born too early may have more health problems or need to stay in the hospital longer. Learning the signs of preterm (too-early) labor may help keep your baby from being born too soon.

- Contractions that make your belly tighten up like a fist every 10 minutes or more often.
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- Change in vaginal discharge (leaking fluid or bleeding from your vagina).
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- The feeling that your baby is pushing down.
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- Low, dull backache.
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- Cramps that feel like your period.
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- Belly cramps with or without diarrhea.
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What to do: Call your health care provider or go to the hospital right away if you think you are going into preterm (too-early) labor.