

Preterm Labor

Warning signs and symptoms

This handout gives signs and symptoms to watch for that may mean you are in preterm labor.

When to Call

Call your pregnancy care provider if you have:

- Cramps like you may have during your period
- A dull, low backache
- Pressure in your pelvic area (vagina or perineum)
- Cramps in your intestines
- An increase or change in your vaginal discharge
- A general feeling that "something is not right"
- More than 4 to 6 contractions per hour for 2 hours, if you are less than 37 weeks pregnant
- Gush or trickle of fluid or blood from your vagina
- Feeling like your period is about to start
- Pain or burning when you urinate (pee)



If you have any of these symptoms, call your pregnancy care provider.

QUESTIONS?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Maternal and Infant Care
Clinic: 206-598-4070

Labor and Delivery:
206-598-4616