

HealthTips

Make Health Happen

Preterm labor



PRETERM LABOR

BEGINS BEFORE YOUR

37TH WEEK OF PREGNANCY.

What you should know about preterm labor

Sometimes, if you know you're going into labor early, your primary care provider can stop it before your baby is born too soon.

Babies who are born too soon may have these health problems:

- Breathing problems
- Hearing and seeing problems
- Eating problems
- Infant death



Your chances of going into preterm labor are higher if:

- You've had preterm labor before.
- You have infections or problems with your vagina or uterus.
- You're carrying two or more babies.
- You're a victim of domestic violence.
- You're using alcohol, tobacco or recreational drugs.
- You're under a lot of stress.

Call your primary care provider if you have any of these signs of preterm labor:

- Your uterus may begin to cramp or contract. The contractions may be painless.
- Watery fluid is leaking from your vagina.
- You may feel like the baby is pushing down when you are cramping.
- You may have a low, dull backache. Or you may feel like you're going to start your period.

Helpful phone numbers for Dell Children's Health Plan members only

Member Services: 1-888-596-0268 (TTY 711)

Monday through Friday from 7 a.m. to 6 p.m. Central time

24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

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How can I prevent preterm labor?



Go to all of your prenatal appointments.



Try to lower the amount of stress in your life.



Follow your primary care provider's instructions.



Manage your health conditions like diabetes and high blood pressure.



Eat a healthy diet and drink plenty of water.



Find help if you're dealing with or have dealt with domestic violence.



Avoid tobacco, alcohol, recreational drugs or medications not prescribed to you.



Need to talk to someone about domestic violence?

- Call your primary care provider.
- Call the National Domestic Violence Hotline anytime at 1-800-799-SAFE (7233) (TTY 1-800-787-3224).
- Visit www.thehotline.org.

Source:

Centers for Disease Control and Prevention website: *Preterm Birth*.

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pretermbirth.htm>. (Accessed May 15, 2018.)