

If your labor starts too early

If you go into labor before it's time to have the baby, you need medical care right away.

Watch for these warning signs:

Your uterus may tighten or harden. These contractions could be normal. Pay attention if:

- You have more than 5 in one hour.
- They come more often than every 10 minutes.

You may have pain.

- You may have a lower backache. You may feel pain or a dull pressure in your back.
- Your lower abdomen may hurt. You may feel pain or pressure in your thigh or around your vagina.
- You may have a stomach ache or cramps in your abdomen. You may also have diarrhea.

You may see a change in the discharge that comes out of your vagina.

- There may be more mucus.
- It may be bloody or watery.



Here's what you can do:

If you feel any of these warning signs, do this test:

- Drink 3 to 4 glasses of water.
- Lie down and turn on your side.
- Place your hands lightly on your bare belly.
- Feel for contractions. Move your hands around. A contraction feels like the muscle tightens or hardens. Then it relaxes and softens.
- Count the number of contractions you feel.
- Do this for up to one hour.

Call your health care provider right away if:

- You have more than 5 contractions in one hour.
- You bleed or leak fluid from your vagina.
- Any other of the warning signs last for one hour.

In an emergency call:

On weekends and evenings, call:

