



Warning Signs of Preterm Labor

- 1. Menstrual-like cramps.**
- 2. Low, dull or sharp backache, may come and go or be constant.**
- 3. Pressure in your pelvis, abdomen, or thighs.**
- 4. Abdominal cramping with or without diarrhea.**
- 5. Increase or change in your vaginal discharge, other than thick white.**
- 6. Leaking – may feel like urine you can't control.**
- 7. Uterine contractions, six or more in an hour, may be painless tightening or “balling up”.**
- 8. Feeling “lousy” or flu-like, like something is not right.**
- 9. Spotting.**

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