



## **Preterm Labor**

Preterm labor is defined as having contractions with cervical changes. Now that you are entering your third trimester of your pregnancy you may notice your body is accommodating it's growth. With this, you may begin to feel contractions known as Braxton Hicks Contractions or False Labor.

The difference between these contractions and preterm labor is that Braxton Hicks Contractions will not dilate your cervix. The only way you can tell the difference is to be evaluated by your Health Care Provider. That is why it is important to call if you begin to feel any of the following warning signs.

### **Contractions**

Menstrual like cramps or gas pains that come and go or are continuous Tightening or balling up in your abdomen more than 5 times in one hour this may or may not be painful.

### **Low Back Ache**

A dull ache in your lower back that tends to radiate to the sides and front of your abdomen and is not relieved by changing your position or a warm bath.

### **Vaginal Discharge**

Increase in vaginal discharge that becomes pink/brown or watery.

*A GENERAL FEELING THAT SOMETHING IS NOT RIGHT*