

Premature labor and delivery

A baby needs a full nine months to develop important organs, like the brain, lungs and liver.

One of every 10 babies in Oregon is born too early.

Many of these babies are too small and too sick to go home right away.

Am I at risk for preterm labor and delivery?

Preterm labor and delivery can happen to any pregnant woman. But it happens more often to some women than to others. Below are some steps you can take to protect your health and the health of your baby.

- Start prenatal care early in your pregnancy.
- Attend all prenatal care appointments.
- Get screened for infection.
- Learn the signs of infection talked about in this guide.
- Take time for activities that help you to decrease your stress.
- Share with others how they can support you.
- If you are fearful of your partner or do not feel supported, talk to someone you trust about what is going on with your partner.
- Maintain a healthy weight.
- Quit smoking and do not drink alcohol.

Recognize the warning signs of preterm labor and do not wait to call your provider or seek treatment if symptoms get worse:

- Contractions every 10 minutes or less;
- Low, dull backache;
- Change in vaginal discharge;
- Pelvic pressure of your baby is pushing down;
- Cramps like your period, with or without diarrhea.

For more information

March of Dimes

www.marchofdimes.com

Oregon 211info Information and Referral Hotline

211info.org

Call 211 or 1-800-723-3638