

# Warning Signs of Premature Labour

Premature labour (also called “preterm labour”) is labour that starts before 38 weeks of pregnancy. Premature labour can often be stopped if you catch it early. Check for warning signs every day.

## 1. UTERINE CONTRACTIONS

- If you feel your uterus tightening or the baby “balling up” 5 times or more in an hour, you might be in labour.

## 2. MENSTRUAL-LIKE CRAMPS

- These feel like you’re having a period. They may come and go or be constant.

## 3. ABDOMINAL CRAMPS

- These are ‘stomach’ cramps with or without diarrhea.

## 4. LOW BACKACHE

- This is a backache near your tailbone that comes and goes or is there all the time.

## 5. PELVIC PRESSURE

- This feels like the baby is pushing down in your vagina.

## 6. CHANGE IN VAGINAL DISCHARGE

- You may notice a sudden increase in your discharge, or that it becomes more mucousy, watery or slightly bloody.



Lie down on your left side.



Drink 2-3 glasses of water or juice.



If the symptoms are not gone in 1 hour, call your doctor/midwife or clinic right away.

