

Warning Signs Of Preterm Labor

1. Uterine Contractions
(10 minutes apart or closer, may be painless)
2. Low, Dull Backache
(Constant, or comes and goes)
3. Pressure
(Feels like the baby is pushing down, feels heavy)
4. Abdominal Cramping
(With or without diarrhea)
5. Increase or Change in Vaginal Discharge
(Mucous-like, watery, light or bloody)
6. Fluid Leaking from the Vagina
7. Menstrual-like Cramps
(Constant or come and go, just above the pubic bone)

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