



*Laramie Physicians for Women and Children, P.C.*

**2710 Harney St. Ste. 100**

**Laramie, WY 82072**

**(307) 745-8991**

**Fax: (307) 745-8167**

## **Preterm Labor Signs & Symptoms**

### ***Preterm Labor occurs before (37) weeks:***

- ❖ Contractions (your abdomen tightens like a fist) every (10) minutes or more often.
- ❖ Pelvic Pressure (feeling that your baby is pushing down).
- ❖ Low, dull backache.
- ❖ Cramps that feel like your period.
- ❖ Abdominal cramps with or without diarrhea.
- ❖ **If ever you are bleeding, or leaking fluid, please call your provider immediately!**

### ***What to do:***

- ❖ Stop what you are doing and rest on your left side.
- ❖ Drink 2 – 3 glasses of water or juice.
- ❖ If the symptoms get worse, or do not go away after (1) hour, call our office or the hospital.

*Office: (307) 745-8991*

*Hospital: (307) 742-2142 ext. 3710*