Preterm Labor, Home Care

Preterm labor is when a pregnant woman has contractions that cause the cervix to open, shorten and thin before 37 weeks of pregnancy. You will have regular contractions (tightening) 2 to 3 minutes apart. This usually causes discomfort or pain.

HOME CARE

- Eat a healthy diet.
- Take your vitamins as told by your doctor.
- Drink 6 to 8 glasses of water a day.
- Get rest and sleep.
- **Do not** have sex if you have or are at high risk for preterm labor.
- Follow your doctor's advice about activity, medicines and tests.
- Avoid stress.
- Avoid hard labor or exercise that lasts for a long time.
- **Do not** smoke.

GET HELP IF:

- You are having contractions.
- You have belly (*abdominal*) pain.
- You have bleeding from your vagina.
- You have pain when you pee (*urinate*).
- You have abnormal discharge from your vagina.
- You develop a fever over 102º F (38.9º C) or higher.

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