

# Preterm Labor



If you have any signs of preterm labor, call your doctor right away!

Preterm labor is when you go into labor three or more weeks before your due date. Babies born too soon can have health, learning and behavioral problems that can last the baby's lifetime.

## *Watch for these signs of preterm labor:*

- Contractions every 10 minutes or more often. A contraction may not hurt. During a contraction, your belly will harden and then relax.
- Cramps that feel like your period, with or without diarrhea.
- Fluid (water) leaking from your vagina. The fluid may be clear, pink or brownish in color.
- Low, dull backache.
- The feeling that your baby is pushing down.

## *What to do:*

Call your doctor or go to the hospital **right away** if you have any of the signs of preterm labor. Call even if you have only one sign.



## Phone numbers

Doctor: \_\_\_\_\_

Hospital: \_\_\_\_\_

For more information, call the Health Education Information Line at **1-800-804-6074 (TTY/TDD 1-800-431-0964).**

**[www.CalVivaHealth.org](http://www.CalVivaHealth.org)**

# Yug Menyuum

## Ua Ntej Lub Sijhawm



Yog koj muaj cov yam ntxwv zoo li kev yug menyuum thaum tsis tau txog caij, hu koj tus kws kho mob tamsim ntawd!

Yug menyuum ua ntej lub sijhawm yog thaum koj mus yug menyuum peb asthiv lossis ntau tshaj hnuv uas koj yuav tsum yug. Cov mos ab yug ntxov dhau tejzaum yuav muaj teebmeem txog kev noj qab nyob zoo, kev kawm thiab lub cwj pwm coj uas yuav kav tus mos ab tas sim neej.

*Saib xyuas cov yam ntxwv no txog kev yug menyuum ua ntej lub sijhawm:*

- Mob zaj plab yuav yug menyuum txhua 10 feeb twg los yog heev dua ntawd. Tej zaum zaj plab mob yuav yug menyuum kuj tsis mob. Thaum mob zaj plab yuav yug menyuum, koj lub plab yuav nruj tuaj ces nws ho xooob lawm.
- Mob plab li yuav ua poj niam, uas yog nrog rau los yog tsis nrog kev raws plab.
- Kua (dej) txeej ntawm qhov chaw mos los. Tej zaum cov kua nws yuav ntshiab, xim liab dawb los yog kasfes tsem tsawv.
- Mob nruab qaum qhov qis thiab loog tsawv.
- Mloog zoo li koj tus menyuum thawb mus rau hauv qab.

*Yuav ua dab tsi:*

Hu koj tus kws kho mob sai li sai tau lossis mus rau tim tsev kho mob **tamsim ntawd** yog koj muaj cov yam ntxwv zoo li kev yug menyuum thaum tsis tau txog caij no. Hu tuaj txawm tias koj tsuas muaj ib qho yam ntxwv xwb.



**Cov xov tooj:**

Tus kws kho mob: \_\_\_\_\_

Lub tsev kho mob: \_\_\_\_\_

Yog xav tau lus qhia ntxiv, hu rau tus Health Education Information Line (tus xov tooj qhia txog kev noj qab haus huv) ntawm

**1-800-804-6704 (TTY/TDD 1-800-431-0964).**

**www.CalVivaHealth.org**