

Premature Labor Precautions

Preferred Women's Healthcare

Preterm Labor is defined as labor prior to the 37th week of pregnancy. The earlier the baby is born, the greater the risk of problems. If you know what to look for, you will be able to know when you are having premature labor. Preterm labor can often be stopped if detected early enough.

Signs of Preterm Labor

Contractions – that are 10 minutes apart or closer (may not be painful) – often described as a feeling like the baby is “balling up”.

Menstrual Like Cramps – they may be constant or they may come and go.

Increase or Change in Vaginal Discharge – may be watery, blood tinged or mucous.

Low, Dull, Backache – may be constant or may come and go.

Pressure – may come and go, feels like the baby is pushing down.

If you experience any of these signs:

Lie down on your side for one hour. Drink two or three glasses of juice or water while you are resting. Many times the signs of Preterm Labor will go away after doing this.

If the signs of Preterm Labor do not go away after one hour:

Call the **On-call nurse at (770) 962-5100** and let her know your symptoms.

If after hours, call (770) 962-5100 and have the doctor on-call paged.

Group B Strep Information

At approximately the 36th week of your pregnancy, a vaginal culture will be obtained to screen for GBS (Group B Strep). GBS is a type of bacteria present in approximately 40% of all women. GBS is different from type A Strep that is the bacteria that causes Strep throat. GBS is not a sexually transmitted infection nor does it cause any problems with your health.

GBS, however, can be passed on to your child during pregnancy or delivery. Only 1-2 of every 200 babies does become infected but this infection can be serious. We usually test for this at approximately 36 weeks but it may be earlier if indicated.

With a positive test result, you can expect to receive antibiotics during your labor to help protect and prevent infection in your baby.