

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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languages and accessible formats,
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number is on the back of your
Member ID card.

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Preterm Labor

Complications of Pregnancy

MolinaHealthcare.com



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What is preterm labor?

Preterm labor is labor that begins before week 37 (3 weeks before the due date) of your pregnancy. Babies born too early face health risks, including death.

What are the signs of preterm labor?

- Cramps, pain or pressure in your belly
- Spotting, bleeding, mucous or watery fluid leaking from your vagina
- Sudden increase in vaginal discharge
- Backache that does not go away with rest or position change

What can cause preterm labor?

Problems that occur during pregnancy:

- Twins or multiple babies
- Infection
- Certain birth defects
- High blood pressure
- When the bag of water breaks early
- Too much amniotic fluid (clear liquid that surrounds your baby)

Lifestyle choices:

- Cigarette smoking
- Illegal drug use

- Physical or severe mental stress
- Poor weight gain during pregnancy
- Obesity

Problems with the placenta (the organ that connects you to your baby), uterus or cervix:

- The cervix (opening of your uterus) does not stay closed on its own.
- The shape of the uterus is not normal.
- The placenta pulls away from the uterus or does not function right.

Call your provider right away, if you have any of these signs of preterm labor.

What can you do to prevent preterm labor?

- Eat healthy meals.
- Get prenatal care and keep your appointments.
- Take good care of your teeth and gums.
- Quit smoking.
- Do not use illegal drugs.

Talk to your provider about other ways to stay healthy.