

Snohomish Midwives
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877-869-6105
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Preterm Labor

Preterm labor happens when you go into labor before you reach 37 weeks gestation. This is too early to deliver out of the hospital as babies born before 37 weeks can have complications. It is important for you to be familiar with the warning signs of preterm labor so you can quickly get to the hospital to receive appropriate care.

Signs of Preterm Labor are:

- Regular and rhythmic contractions every 10 minutes or more often
- Bleeding, spotting, or bloody mucous
- Clear, pink or brownish fluid (water) leaking from your vagina
- The feeling that your baby is pushing down
- Low, dull backache
- Cramps that feel like your period
- Loose stools

If you feel like you are having any of these signs, contact the on-call midwife by **paging**

(425) 388-2600

Our pager is a numeric pager. This means you can't leave a voice message, only a numeric one. After you dial the pager number, you will hear a series of "beeps". Enter your phone number at which you would like us to call you back, then press the # key and hang up. If you have not received an answer to your page within 15 minutes of placing it, please page us again.