

HumanaBeginnings® guide to preterm labor

What is preterm labor?

Preterm labor:

- Is labor that begins before the end of 36 weeks of pregnancy
- Involves the contraction of the womb and expansion of the opening of the womb
- Results in a baby's early arrival

Babies born between 22 and 37 weeks are called “premature,” and:

- Can have serious health problems
- Can sometimes die because they aren't strong enough to stay healthy on their own
- May need special care in a neonatal intensive care unit (NICU), especially when baby is unusually small

What does preterm labor feel like?

Preterm labor can include one or more of the following symptoms:

- **Changes in discharge**
 - Can include watery, thick, or bloody drainage in your underpants
 - May be pink, brownish, or clear
 - May have unpleasant odor
- **Contractions**
 - May hurt, or feel like a small muscle cramp
 - More likely to occur the closer you are to the end of your pregnancy
- **Leaking or gushing fluid**
 - Your water “breaks”
 - The flow won't stop
 - May be a lot or a little fluid



- **Low backache**
 - May be a dull, steady ache (and not a sharp, sudden pain) below your waist
 - May come and go, or may be constant pain
- **Menstrual-type cramps**
 - Cramps low or near your pelvic bone, like before or during your period
 - May come and go, or may be constant
- **Pressure**
 - The baby feels unusually heavy or like it is pushing down low in your pelvis
 - Pressure comes and goes
- **Stomach cramps**
 - May cause diarrhea
 - May cause you to feel like you have to go to the bathroom



For more information:

- Call: **800-322-2758, Ext. 1394119**, Monday – Friday, 8:30 a.m. – 5 p.m., Eastern time
- Visit: **[Humana.com/FloridaMoms](https://www.humana.com/FloridaMoms)**

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Healthy Horizons®
in Florida

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English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

French Creole (Haitian Creole): Kreyòl Ayisyen (French Creole) Rele nimewo ki e dike anwo a pou resevwa sèvis éd gratis nan lang.

This notice is available at **Humana.com/FloridaAccessibility**.

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Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

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한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

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