

Tommy's My Prem Baby app



Supporting **you** through pregnancy, premature birth and beyond

Have you had a premature baby? Or have you been told you are at risk of premature birth?

- ▶ **Track** your pregnancy and baby's progress
- ▶ **Record** practical and personal milestones
- ▶ **Get** tailored expert midwife advice for your pregnancy and premature baby
- ▶ **Share** updates with family and friends
- ▶ **Read** real-life stories from other prem parents
- ▶ **Find out** about Tommy's latest premature birth research



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today

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code with your
phone camera to
discover more



Tommy's



Find out more at www.tommys.org



Signs and symptoms of premature labour

This advice is for people who are **less than 37 weeks pregnant**.

Call your hospital maternity unit or midwife straightaway if you have **any** of the following symptoms. You could be in early labour.

It may be a false alarm, but it's best to get checked out.

- ▶ Regular contractions or tightenings
- ▶ Period-type pains or pressure in your vaginal area
- ▶ A "show" – when the plug of mucus that has sealed the cervix during pregnancy comes away and out of the vagina
- ▶ A gush or trickle of fluid from your vagina – this could be your waters breaking. If your waters are smelly or have any colour in them, call your maternity unit immediately – it may be a sign of infection
- ▶ Backache that comes and goes – this could be labour contractions

Call your hospital maternity unit or midwife immediately if you have any of the following symptoms at any stage of your pregnancy.

- ▶ Bleeding from your vagina
- ▶ You notice a change or reduction in your baby's movements
- ▶ If you think your waters have broken at **37 weeks pregnant or more**, you should also call your maternity unit immediately due to the risk of infection

For more information on the signs and symptoms of premature labour, scan this QR code with your phone camera or visit the URL below.



www.tommys.org/pregnancy-information/premature-birth/symptoms-of-premature-labour

We're the leading charity that exists to stop the heartbreak and devastation of baby loss and make pregnancy and birth safe – for everyone.

Tommy's