Preterm Labor Pain

How is preterm pain?

If uterine pain occurs before 37 weeks, it is called preterm labor. You may notice a period of regular contractions and pain before 37 weeks. This is important because it causes a premature baby to be born and causes irreparable damage and huge costs to the baby and family.

Signs of preterm pain

The following are the signs and symptoms of preterm labor pain. If you notice the following symptoms, it is better to consult a doctor.

- Constant dripping of dilute fluid from the vagina
- Increased vaginal mucosal secretion
- Constant and intense pressure in the pelvis and vagina
- Muscle cramps such as menstruation
- Persistent low back pain
- Regular contractions that do not stop with rest or reduced activity

Cause of preterm pain:

- Age: Age under 19 and over 34 are both associated with an increased risk of preterm delivery.
- Race: The probability of giving birth to a low birth weight baby in the Blacks are twice of the Whites.
- Inadequate nutrition and low weight
- Short height
- Smoking, alcohol and drugs
- Activity and occupation of the mother: Long working hours and poor working conditions are a risk factor for increasing the prevalence of preterm pain and studies have shown that if a pregnant woman is engaged in work in which standing for a long time is unavoidable, there is a higher risk of preterm birth.
- Urinary tract infection
- Stress
- Multiple twins

Training mothers with preterm labor pains:

- Rest:

Pregnant mothers at risk of preterm delivery should not stand for more than an hour, should not sit for more than 2 hours, and should rest more on the left side. Prolonged lying on your back causes the fetus to put pressure on the mother's large arteries, reducing blood flow to the placenta and fetus.

The pregnant mother at risk should reduce her daily activities and avoid doing heavy work.

- Urinary system health:
The bladder should be emptied every two hours and if there are signs of urinary tract infection such as flank pain and abdominal pain, burning urinary, dripping urine, fever, she should be referred to a specialist as soon as possible.

**It is best to have a urine test repeated every three months during pregnancy.**

Drinking citrus juice such as orange or diluted lemon juice can make urine acidic and can help control the infection. Pregnant mothers should drink 8-10 glasses of fluids at night. It is recommended to drink 4 glasses of milk or the same amount of sweet yogurts.

- **Avoid strenuous physical activity:** Mothers at risk should refrain from the following activities: running, jumping, moving and carrying heavy objects, going up and down stairs.
- **Refrain from anger and rage**
- **Train high-risk mothers to control preterm labor pains and other symptoms of preterm labor:** Most mothers experience pain naturally during pregnancy, especially in the third trimester, but these pains are not constant and usually do not recur more than five times a day.

Women who experience preterm labor pains may experience pain after a temporary recovery, which increases within two weeks and eventually leads to preterm labor.

If these symptoms worsen, you must refer to a doctor.

Low back pain that does not improve with sleep, pains such as menstrual cramps, nausea with diarrhea, increased vaginal secretions, sudden rupture of the amniotic sac in uterine pain.

**Note:**

You should refer to a doctor if you think your amniotic sac is torn or bleeding and the fetal movements are much less than normal and the contractions are very uncomfortable and are repeated every 5 minutes every hour.

If you have any questions or ambiguities, call the following number:

023-33460066, Obstetrics and Gynecology ward of Amir-al-Momenin Hospital