

Talking to Your Doctor About Preterm Labor

It's a good idea to be prepared before you arrive for your next appointment.

HOLOGIC®



Preterm Labor Overview

A normal pregnancy carried to full term lasts 39 – 42 weeks.¹ Many women deliver a few days before their due dates, which generally has no negative effect on their babies. However, babies born before 37 weeks gestation are considered preterm, and the earlier a baby is born the greater the chance that he or she will suffer serious and long-term health problems.²

An fFN test is a simple, non-invasive swab test, done much like a Pap test. It's given in the hospital or doctor's office and is one of the most powerful predictors of preterm birth.³ The test can be done between 22 – 35 weeks gestation and provides a positive or negative result.⁴ A negative result means that you have less than a 1% chance of delivering in the next 14 days, which can provide significant peace of mind. A positive result does not necessarily mean you will deliver in the next 14 days, but it does mean you are at an increased risk of a preterm delivery. That knowledge can help you and your healthcare provider prepare for the possibility.

If you experience symptoms of preterm labor before 37 weeks gestation, you should contact your healthcare provider. Below you can learn more about the symptoms of preterm labor.



Are You at Risk for Preterm Birth?

Check the following boxes if you have any of these risk factors, but keep in mind that half of preterm births occur in women with no known risk factors.³

- I have had a previous preterm birth
- I am pregnant with twins, triplets or more
- I have been told that I have certain uterine or cervical abnormalities

Recognizing the warning signs of preterm labor quickly can help. If you experience any of the symptoms below, let your healthcare provider know right away.⁵

- Contractions every 10 minutes or more often
- Change in vaginal discharge (leaking fluid or bleeding from the vagina)
- Pelvic pressure (the feeling that your baby is pushing downward)
- Low, dull backache
- Abdominal cramps with or without diarrhea



Questions to Ask Your Doctor

- What causes preterm labor?
- Would the Rapid fFN® test be appropriate for me?
- What does a negative or positive fFN test result mean?
- If I test positive, what are the next steps?
- What kinds of activities am I safely able to do?
- How could this potentially affect my baby?

RapidfFN®

