



First Nations Health Authority  
Health through wellness

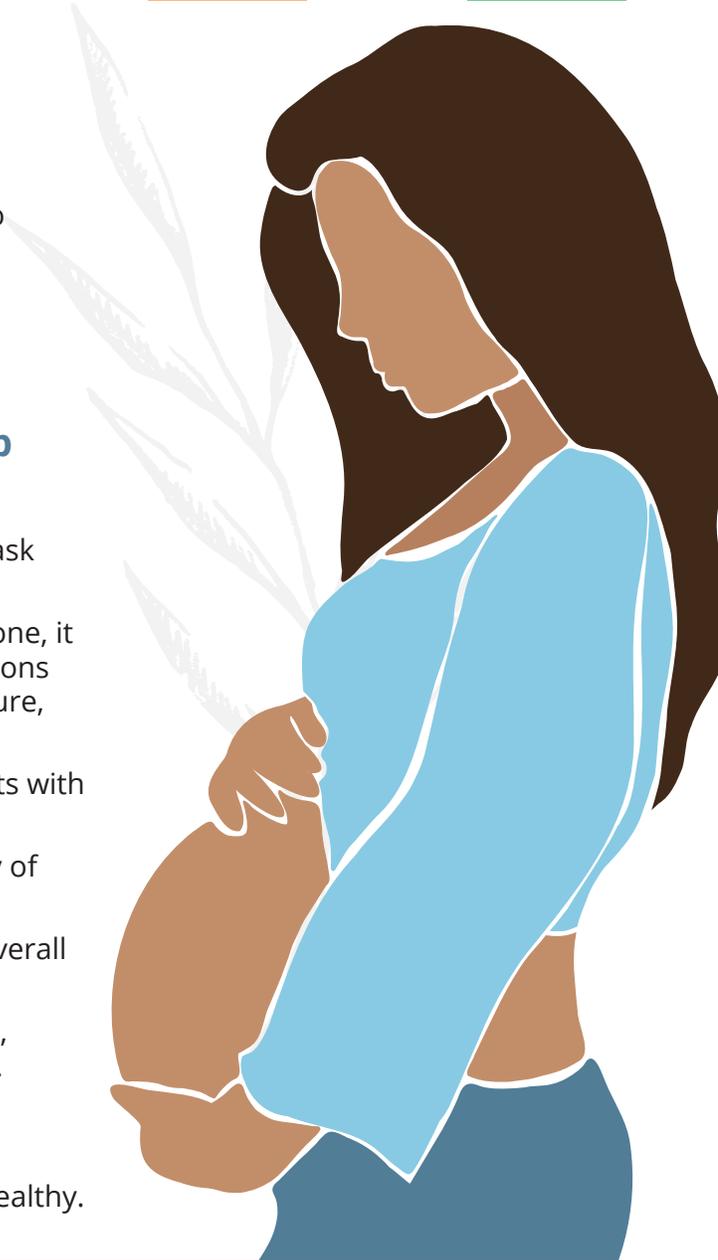
# Tips on Preventing a Birth Before 37 Weeks of Pregnancy

## Did you know..?

- In BC, up to 20% of babies are born prematurely, **but often this can be preventable.**
- Being born **after 37 weeks provides a great start** to a baby's life.
- Babies born before this time may have health issues right after birth. Some of these challenges may continue to affect them throughout their life.

## There are many things you can do to help maintain a healthy, full-term pregnancy:

- Listen to your body. If something does not feel right ask for help.
- If you are prescribed medications, such as progesterone, it is important to take them. There are several safe options that can help prevent preterm labour. If you feel unsure, talk with your health care provider.
- Make the time to attend your scheduled prenatal visits with your health care provider (virtually or in person).
- Talk to your health care provider if you have a history of preterm births.
- Taking care of your mouth and teeth can help your overall health. Brush, floss, and see your dentist.
- Seek support if you smoke cigarettes or use cannabis, drugs, or alcohol. These will affect your baby's health.
- Ask for iron testing if you feel too tired.
- Ask your health care provider for information on all recommended vaccines to help keep you and baby healthy.



Seek help immediately if you feel increasing or unusual lower abdominal or back pain, and/or pelvic pressure, or experience fluid leaking or bleeding.

## QUESTIONS OR CONCERNS?

please contact your health care provider or call **8-1-1** IF SYMPTOMS ARE URGENT

Created in partnership with



Campbell River and District  
Division of Family Practice  
A GPSC initiative