



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 premature, **but often this can be preventable.**
- Being born **after 37 weeks provides a great start** to the baby's life.
- Babies born before this time may have health issues right after birth and 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 healthcare professional.
- Make the time to attend your scheduled prenatal visits with your healthcare provider (virtually or in person).
- Talk to your healthcare 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 marijuana, drugs, or alcohol. These will affect your baby's health.
- Ask for iron testing if you feel too tired.
- Ask your healthcare 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

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