

Preterm Birth Risk Factors Checklist

Knowing the risk factors for preterm birth and proactively discussing them with your healthcare provider can help protect you and your baby. If you have one or more of the following risk factors, you should talk with your healthcare provider about steps you may be able to take to help reduce your risk.

You have a lot on your mind when you're pregnant. Use this check list and example questions to help you remember and guide the conversation with your healthcare provider. Check the risk factors below that apply to you and bring this list to your next appointment.

Check the Boxes that Apply to You

- ☐ Prior preterm birth: unexpectedly delivered a baby before 37 weeks in the past
- ☐ Pregnant with twins, triplets, or other multiples
- ☐ Problems with the uterus or cervix
- ☐ African-American heritage
- ☐ High blood pressure, stress, diabetes, or being overweight or underweight
- ☐ Smoking, drinking alcohol or using drugs
- ☐ Short duration between pregnancies (6-18 months)
- ☐ Certain infections during pregnancy such as an infection of the uterus, vagina, or urinary tract infection

Questions to Discuss With Your Healthcare Provider

Why is it important to stay pregnant to full term (40 weeks)?

How do I know if I'm at risk for preterm birth? What can I do to lower my chances of preterm birth?

What are the signs and symptoms associated with preterm labor?

To learn more about preterm birth visit GrowthYouCantSee.com.