

Preventing Preterm Birth

Birth before 37 weeks of pregnancy is considered 'preterm'.



photo credit courtesy of Rebecca Thomas

In Canada, about 1 in 12 live births are preterm. It is important to be informed.

Your health plan should include healthy weight gain, safe exercise and good nutrition. It is important to keep all scheduled appointments with your doctor or care provider.

If you fall into one of these risk categories, it is important to speak to your doctor or a care provider so your health can be monitored and a care plan created.

You were born preterm

Discuss with a care provider.

Are experiencing vaginal bleeding during pregnancy

Contact a care provider.

Have high blood pressure, diabetes, or kidney disease

You may be prescribed Aspirin (after 12 weeks pregnancy). Do not self medicate.

Are over-weight or under-weight before pregnancy

Your health plan should include healthy weight gain, safe exercise and good nutrition.

Had a pregnancy less than 12 months ago

Spacing pregnancies can reduce the risk.

Are pregnant with multiples (two or more)

Progesterone may be prescribed if the length of your cervix shortens.

Had surgery to remove part of your cervix

Contact a care provider.

Use drugs, cigarettes, alcohol

Seek resources and options for support and control.

Have high levels of stress or depression

Seek mental health resources, support, and counselling.

Have a pre-existing medical condition

Contact a care provider or specialist if you are planning another pregnancy.

Have a bladder or kidney infection during pregnancy

You may be prescribed antibiotics.



If you have had a previous preterm birth

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This information is not intended to be a substitute for professional medical advice. Always consult a physician or other medical care provider.



Visit us online for more information on Preterm Birth, plus other useful resources and programs focused on premature babies and their families.

CPBF  Canadian Premature Babies Foundation

canadianpremies.org