

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 one or more of the following risk factors applies to you, you may be at risk for preterm birth.

Bring this checklist and example questions to your next doctor appointment to help guide the conversation with your healthcare provider and learn if you may be at risk for delivering preterm.

Check the risk factors below 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 (39-40 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.