Handout on Avoiding Preterm Labor

Exercise

Moderate walking 1-3 miles a day

20 minutes after a meal

Gentle stretching of muscles before walking

Swimming

Yoga or low impact dancing

Herbs/supplements

Nettle for urinary system support

Red Raspberry tonic

1000 mg of calcium citrate

500 mg of magnesium

Chamomile tea

Water

Drink 64-96 oz. of water a day or equal to ½ oz. water per pre-pregnancy weight

Clear sugar free liquids or non-caffeinated tea

(caffeine dehydrates the body) Sugar suppresses the immune system.

Good Nutrition – Eat

Protein at every meal

(nuts, legumes, eggs, meat)

Complex carbs (whole grains)

5-6 servings of fresh fruits and vegetables a day a variety of colors

Intimacy

Snuggle

Nuzzle

Kiss

Hug

Talk with your partner

Non-sexual touch

Just be present with each other.

Rest/relaxation

Rest 7-9 hours at night

Elevate feet 2-3x day for 15 minutes

Get a massage

Regular chiropractic adjustments

Get regular bodywork

Emotional support

Get emotional support

Spouse – family member – counselor

Talk with a friend

Reduce stress-exercise, laughter

Work

Adjust work load as pregnancy progresses

Strenuous work – sit awhile

Sitting jobs get up and move

Change positions often

Rule out

Urinary tract infection

Incompetent cervix

Dehydration

Multiple gestations

Infection

STI

Chorioamnionitis

Nutrition is the number 1 preventative for preterm labor.

A diet rich in Omega 3, proteins, complex carbohydrates, a variety of fruits and vegetables, salting to taste with sea salt, healthy fats such as olive oil, coconut oil and adequate water.

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Varney, H. K. (2004). *Varney's Midwifery* (4th ed.). Sudbury, MA: Jones and Bartlett Publishers.

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