

# Preventing Preterm Birth with 17P

— *Every Week Counts* —



## What is Preterm Birth?

- Preterm birth is when a baby is born too early, before 37 weeks of pregnancy.
- Approximately one out of every 10 infants born in the United States is premature, or born too early.
- Being born too early can be dangerous to the baby's health.



## Who is at risk for a preterm birth?

There are many factors that increase the chance of an early birth:

- Prior preterm birth
- Infection
- Tobacco use
- Substance use
- Stress
- Teens and women over age 35
- Black race
- Women with low income
- Less than 18 months between pregnancies

<https://www.cdc.gov>

## What is 17P?

17P is a progesterone treatment that may prevent preterm birth in some pregnant women who have had a premature baby in the past.

Progesterone is a hormone that is naturally made by a woman's body during pregnancy. Extra progesterone may prevent another preterm birth by helping you stay pregnant longer.

## How is 17P given?

17P is a once-a-week shot given in your doctor's office. The 17P shots start between 16-20 weeks of pregnancy and continue until the 37<sup>th</sup> week of pregnancy, or until you deliver. Ask your doctor about any side effects and if 17P is right for you.

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CONTACT INFORMATION BOX

# Is 17P right for me?

- Yes**      **No**
- Have you had a previous baby that was born early?
  - Were you pregnant with just one baby?
  - Did your previous labor start on its own?
  - Are you pregnant with just one baby now?

Talk to your healthcare provider if you have two or more Yes answers.



## 17P Injection Tracking Tool

Weeks of Pregnancy	Date of Shot	Site of Shot	Notes
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			

### When to call the doctor

Preterm labor begins suddenly and the cause is unknown. Like regular labor, signs of early labor are:

- Contractions or tightening in the abdomen every 10 minutes or more, even if not painful
- Pelvic pressure - feels like the baby is pressing down
- Low, dull backache
- Cramps that feel like a menstrual period
- Abdominal cramps with or without diarrhea
- Change in vaginal discharge
- Gush or leaking of fluid from your vagina
- Vaginal bleeding

### Other illnesses to call your doctor

- Constant or severe headache
- Increase in swelling in face or hands
- Blurred vision or spots in front of your eyes
- Sudden weight gain more than one pound a day
- Decreased or no movement of your baby
- A feeling that something just isn't right

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