



# Preterm Labor (Chinese)

## 早產

Preterm labor is labor that begins before the end of 36 weeks of pregnancy. It happens when the womb (uterus) contracts and makes the mouth of the womb (cervix) open. The baby is pushed out too soon. Babies born too early are at risk for illness and may not live. Babies born from 22 weeks to 37 weeks are considered premature and will need special care in a Newborn Intensive Care Unit (NICU).

早產是指在懷孕未滿第 36 週前即開始分娩，子宮收縮使得子宮頸打開，胎兒太快就被推出來了。過早出生的嬰兒比較會有健康上的問題，甚至無法存活。在第 22 週至第 37 週出生的嬰兒被視為早產，務必待在新生兒加護病房 (Newborn Intensive Care Unit, 簡稱 NICU)，接受特別護理。

### **What does Preterm Labor Feel Like?**

#### **早產的感覺像什麼?**

Learn to recognize these signs of pre-term labor to protect yourself and your baby.

學習辨識這些早產的跡象，以便保護您自己和您的胎兒。

#### **Contractions**

##### **宮縮**

You have contractions that are 10 minutes apart or closer. You may or may not experience pain during these contractions.

您的宮縮相隔 10 分鐘或更短，宮縮時您可能感到疼痛或沒有疼痛。

#### **Low, Dull Backache**

##### **下後背隱隱作痛**

You feel backache below your waistline. It may come and go or it may be constant.

您感到後背腰部以下疼痛，可能時有時無，也可能一直持續著。

#### **Stomach Cramps**

##### **胃痙攣**

You may or may not experience diarrhea.

您可能會腹瀉或沒有腹瀉。

## **Pressure**

### **壓力**

The baby feels heavy or as if it is pushing down low in your pelvis. The pressure comes and goes. 覺得胎兒沉重或像是正下推到股盆裡，這種壓力時有時無。

## **Leaking or Gushing Fluid**

### **漏出或大量洩出羊水**

If your water breaks, you will feel a continuous light or heavy flow from your vagina. 如果您的羊水破了，您會感覺到持續的少量或大量的羊水從陰道流出。

## **Menstrual-like Cramps**

### **像月經痛**

You feel cramps low or near your pelvis bone like before or after your period. They may come and go or they may be constant.

在骨盆下方或近骨盆，您有痙攣的感覺，像月經來之前或之後；這種感覺可能時有時無，也可能持續不斷。

## **Changes in Discharge**

### **分泌物有改變**

You notice a watery, mucous, or bloody (pink or brownish) discharge from your vagina. 您注意到從陰道排出似水的、黏液狀的或帶血的(粉紅色或棕褐色)分泌物。

## **You should be sure to :**

### **您確定該做的是：**

1. Drink at least 8-10 glasses of non-caffeinated fluids per day. 每天喝至少 8-10 杯的非咖啡因的液體。
2. Eat small, frequent and nutritious meals. 少量多餐並營養的食物。
3. Discuss work, activity and intercourse restrictions with your health care provider. 與保健醫護人員討論有關工作、活動和性交限制等事項。
4. Call Triage (734) 764-8134 with 有以下狀況時打電話到分流中心 Triage (764-8134):

- Uterine contractions/cramping >4-6 /hour after increased fluids and rest.  
增加液體的攝取和休息後，宮縮/陣痛每小時多於 4-6 次
- Leaking watery, bloody or foul-smelling fluid from your vagina.  
從陰道排出似水的、含血的或有惡臭味的液體
- Increasing pelvic pressure or backache. 骨盆的壓力或背痛增加
- Temperature >= 100.4 F. 體溫等於或高於 100.4° F
- Decreased (less than 5 fetal movements per hour during a time when the baby is usually active) or absent fetal movement.  
減少 (在胎兒通常是活躍的時段裡，胎動每小時少於 5 次) 或沒有胎動

5. Keep/ schedule next OB health care provider appointment(s). 繼續/安排下次產科約診

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