What Else Can Women Do to Prevent a Preterm Birth?
While 17P can help lower the chance for another early birth, there are also other things that you can do while pregnant:

- Start prenatal care as early as possible during your pregnancy.
- Go to all prenatal appointments, even if you feel fine.
- Take prenatal vitamins as soon as you know you are pregnant, or earlier if you know you are trying to get pregnant.
- Avoid cigarette smoke. If you smoke, stop.
- Brush your teeth regularly and see your dentist at least once during your pregnancy.
- Practice safe sex.
- Talk to your doctor about any drugs, medicines or herbal remedies you are taking.
- Talk to your doctor and employer about how much time you should take off work.
- Rest and relax whenever you can. Ask friends and family for help.
- Ask for help if you don’t feel safe with your partner. Abuse often gets worse during pregnancy.
- Talk to your doctor if you feel burning or pain when you urinate. You may have an infection.

Questions? If you have questions, contact your doctor, or call the Bright Start® department at 1-800-521-6867.

www.keystonefirstpa.com

What Are the Signs of Labor?
It is important to know the signs of early labor because 17P is not a promise that your baby won’t come early.

The signs of early labor are:

- Bleeding.
- Feeling that the baby is balling up.
- Contractions (your belly tightens like a fist) every 10 minutes or less.
- Changes in vaginal discharge (leaking fluid).
- Pelvic pressure (feeling that your baby is pushing down).
- Low, dull backache.
- Cramps that feel like your period.
- Abdominal cramps with or without diarrhea.
- Feeling that something is not right.

Call your doctor, midwife or nurse right away if you have any of these signs.
What Is 17P?
17P is a progesterone medicine for pregnant women who have already had a preterm birth. Progesterone is a hormone that a woman’s body makes during pregnancy. Extra progesterone can help prevent preterm birth for some women.

17P has been studied since the 1950s. It has been proven to increase the chance of carrying a baby longer. It works in early and late pregnancy. The studies have shown that it works in women of all ages, races, and ethnicities. It is not a promise that the baby will go to full term, but it does increase the chances.

What Are the Side Effects of 17P?
Side effects are very rare. Some women report soreness, swelling, itching or bruising at the site of the injection. Taking acetaminophen (Tylenol) and/or using a warm compress can help with these symptoms. You should also always contact your OB provider if you experience any of these side effects.

Women who have already had a preterm birth have a 30-40% chance of having another baby born too early unless steps are taken to reduce that risk.

Should I Get 17P?
When all of the following things are true, you should talk to your doctor about getting 17P:

- You are pregnant now.
- You have already had a preterm birth of a single baby.
- There was no identified medical reason for the preterm birth.
- You are carrying only 1 baby during this pregnancy.

The use of 17P is still not common and many people have not heard of it. This is because many people do not know about the new studies and because 17P can only be ordered from special pharmacies. 17P is only used by a small number of special moms who have already had a preterm birth and are now pregnant with another baby.

For this reason, it is not being advertised on TV or in newspapers.

Is 17P Safe?
Studies show that 17P is safe. There are no serious side effects for the mother or the baby.

How Do Women Get the 17P Treatment?
- Doctors and nurses will talk to women who can be helped by 17P.
- If the woman agrees to use 17P she will get 1 shot each week. The shot is needed every week so there is a steady supply of 17P in the woman’s body.
- Women usually begin getting 17P shots between 16 and 20 weeks of pregnancy. The shots should be given until 37 weeks of pregnancy, or until delivery, if that occurs earlier than 37 weeks. 17P shots are also given during times of preterm labor.
- After 37 weeks, it is safe for babies to be born.

What Can Women Do If They Are Still Nervous About Taking 17P?
It is okay to still have many questions about 17P. Doctors, midwives, and nurses can answer these questions. You can also go to www.mombaby.org for more answers.

This is the most common treatment plan for women using 17P. But your OB/GYN provider may decide a different course of treatment that is right for you.

What Is Preterm Birth?
Preterm birth is when a baby is born before 37 completed weeks of pregnancy, or more than 3 weeks early. Babies that are born too early can have health problems, such as brain damage, asthma, and vision problems. Preterm birth is also the leading cause of infant death in the U.S. African-American babies are at an especially high risk of being born too early.

Every week that a baby stays in the womb increases the baby’s chances at better health during and after birth.