



# Healthy Families Homebirth

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## How to Avoid Preterm Labor

Preterm Labor can be scary. If you are having regular, strong contractions, then contact your provider immediately. The following are some suggestions that can help avoid preterm labor when you have an overactive uterus.

- Limit daily activities. This doesn't mean you have to stay in bed all day, but find activities that don't take a lot of exertion.
- Reduce your stress levels. Use the relaxation and breathing techniques to help avoid stress in your life. You may need to take a leave of absence from work.
- Find help with household and child care responsibilities. Friends, family, social groups such as church groups are often very willing to help. There are also doulas or other professionals that are in-training and may be willing to do work for exchange of a testimonial or small fee.
- Take Calcium 1000mg\* and Magnesium 500mg\* daily:
  - \*A food based supplement, such as MegaFoods, New Chapter, or Vitamin Code, may have less than the amounts stated, but you will absorb more of the supplement.
- Avoid sexual activity or activity that causes you to have an orgasm. If uterine activity ceases, and is not triggered by orgasms, then sex can be resumed. Be sure to use a condom to avoid the prostaglandin in sperm that may stimulate the cervix.
- Continue to eat good nutrition: protein, whole grains, and vegetables with every meal.
- Avoid second hand smoke from cigarettes and marijuana.
- Do not drink or use drugs that are not prescribed by your physician.

Medical intervention involves pharmaceuticals to stop uterine activity. The risk of having a preterm baby is often greater than the risk of the pharmaceuticals. Be sure to discuss your concerns with the health care provider.

Other methods that can help reduce uterine activity are:

Homeopathy: Arnica might be helpful. Speak to me or a professional homeopath for an individualized remedy.

Herbs: Lemon Balm, Oatstraw, Holy Basil tea or herbal blends- see your midwife for more information

This is general information. Please speak to your health care provider about your unique health needs.



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## Resources:

Varney, H., Kriebs, J. M., & Geger, C. L. (2004). *Varney's midwifery*. Sudbury, MA: Jones and Bartlett Pub