

You've just received shots of antenatal corticosteroid treatment (also called ACT).



You got these shots because you're likely to have your baby early, before 34 weeks of pregnancy.

breathing and stomach problems and bleeding in the brain.

ACT helps speed up your baby's lung development. It also helps reduce your baby's chances of having certain health problems after birth, like

You got ACT because your health care provider thinks you may have your baby soon. ACT can help your baby be born healthier, even if he's born early.

Ask your health care provider to fill in information about the kind of ACT you got.



TIP Just in case you lose the card, take a picture of it with your phone!

Name _____

OB Provider: _____

Intended Birth Hospital: _____

EDD (best OB estimate) ___/___/___ G: ___ P: ___/___/___

On progesterone? Yes / No Type: 17 OHPC Vaginal progesterone

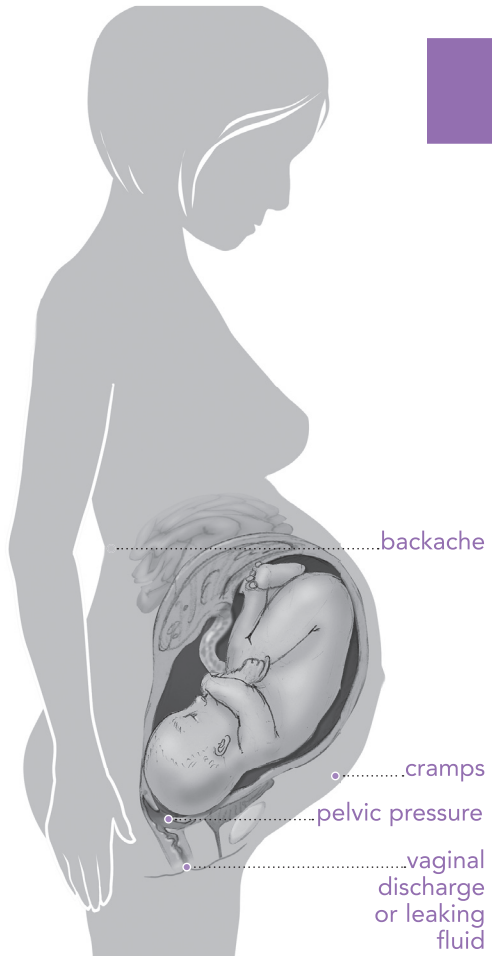
Date				
Gestational Age				
Diagnosis/Reason for Visit				
ACT Type: <input type="checkbox"/> Betamethasone <input type="checkbox"/> Dexamethasone				
Date and time of doses				
Cervical exam (dil/eff)				
Cervical length (cm)				
FFN: (+ or -)				
GBS: (+ or -)				

* For more information ask your healthcare provider or visit MarchofDimes.org

Signs of preterm labor

It's best for you and your baby to call your health care provider or go to the hospital right away if you have any of these warning signs:

- Contractions that make your belly tighten up like a fist every 10 minutes or more often
- Change in the color of your vaginal discharge, or leaking fluid.
- The feeling that your baby is pushing down. This is called pelvic pressure.
- Low, dull backache
- Cramps that feel like your period
- Belly cramps with or without diarrhea



Keep this card with you at all times.

If you're having signs of preterm labor, take the card with you to the hospital and show it to the staff so they know when and which kind of ACT you got.



A FIGHTING CHANCE FOR EVERY BABY™

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