

Worksheet for Patients with Risk Factors for Preterm Delivery

Patient Name: _____

RISK FACTORS:

- Cervical funneling/shortening ____ cm
- Signs/symptoms of preterm labor (e.g. backache, discharge, cramping, vaginal bleeding)
- 1 or more prior preterm birth(s) at ____ weeks
- Uterine or cervical abnormalities: _____

Additional Risk Factors:

- _____
- _____
- _____

RESULTS:

Week	Test Result		Cervical Length Measurement
	Positive	Negative	
22			
24			
26			
28			
30			
32			
34			

PROCEDURE:

1. Collect the specimen prior to a vaginal exam or ultrasound.
2. Using no gels or lubricants on the speculum, insert the speculum and visualize the cervix.
3. Rotate the provided polyester swab into the posterior fornix for 10 seconds.
4. Carefully place the swab into the collection tube provided.
5. Align the shaft with the hole inside the tube cap and press down until you hear an audible 'click'. Label and send to the local reference lab.

CONTRAINDICATIONS:

Discard the specimen if the patient has one or more of the following:

- Ruptured membranes
- Vaginal bleeding (moderate to gross)
- Cervical dilatation \geq 3 cm
- Intercourse within last 24 hours
- Gestational age less than 22 weeks
- Gestational age greater than 34 weeks 6 days
- Placenta previa
- Vaginal or ultrasound examination in past 24 hours

