

What is fetal fibronectin?

Fetal fibronectin is a “glue-like” protein that bonds the baby to the uterus. Fetal fibronectin is detectable in vaginal secretions in the very beginning of pregnancy, when this bond is first forming and then again at the end of pregnancy, when your body is getting ready to deliver your baby.



Why is fetal fibronectin important?

From weeks 22 to 35 of gestation, fetal fibronectin acts like “glue” and holds the baby in place during its development. If this protein is detectable in vaginal discharge during these weeks, it means that the protein is “leaking” which could indicate your body is getting ready to deliver early.

Are you at risk for preterm birth?

- I have had a previous preterm birth Yes No
- I am pregnant with twins, triplets or more Yes No
- I have been told that I have certain uterine or cervical abnormalities Yes No

Women who checked “Yes” to any of the above are at greatest risk for preterm labor and birth.²

However, half of preterm births occur in women with no known risk factors, so it is important to know the warning signs of preterm labor.³

- Contractions every 10 minutes or more often (your abdomen tightens like a fist) Yes No
- Change in vaginal discharge (leaking fluid or bleeding from the vagina) Yes No
- Pelvic pressure (the feeling that your baby is pushing downward) Yes No
- Low, dull backache Yes No
- Cramps that feel like your period Yes No
- Abdominal cramps with or without diarrhea Yes No

If you’ve answered “Yes” to any of the above questions, you should talk to your healthcare provider about the risk of preterm labor.

For more information visit:
www.ffntest.com



1. Peaceman AM, Andrews WW, Thorp JM, et al. Fetal fibronectin as a predictor of preterm birth in patients with symptoms: A multicenter trial. Am J Obstet Gynecol 1997;177:13-18.
 2. www.marchofdimes.com/prematurity/21239_5809.asp.
 3. www.marchofdimes.com/prematurity/21239_5810.asp.



You've planned for everything.
...but what if your baby comes early?

Know what to expect.

Fetal Fibronectin Testing

Could your baby be born *too early*?

1 out of every 8 births in the U.S. is preterm – born before 37 weeks. This is one of the highest rates in the world.

How early is *too early*?

Pregnancy lasts for about 38-42 weeks. Many women will deliver a few days before their due date, which generally has no negative effect on the baby. However, the earlier your baby is born, the greater the chance that he or she will suffer serious and long-term health problems.

How could preterm birth affect my baby?

Your baby's organs finish developing near the end of your pregnancy. If your baby is born early, those organs may not have enough time to grow. While many health problems related to preterm birth can be treated, some children born prematurely may have problems throughout their lives, such as developmental problems and learning disabilities.

How do I know if I'm at risk for a preterm delivery?

Several factors make you more likely to deliver preterm, but half of all preterm births occur in women with no known risks. It is best to talk to your healthcare provider about whether your health history or any current health issues put you at risk for giving birth early. Some of the factors linked with preterm birth include:

Symptoms of preterm labor—such as contractions, cramps, bleeding, vaginal discharge, back pain, pelvic pressure (feels like the baby is pushing downward), or you just don't feel quite right.

A prior preterm birth—if you've already delivered a baby early (before 37 weeks), or if you experienced preterm labor in a prior pregnancy, you have an increased risk of delivering early again.

Cervical abnormalities—as a result of surgery or as detected by your healthcare provider during ultrasound. A short cervix is an example of a cervical abnormality.

Twins or triplets—the added weight and pressure of multiple babies can lead to an early delivery.

Is there a test to determine risk?

A fetal fibronectin test is safe, reliable, and non-invasive. With this simple test, your doctor can tell if your body may be getting ready for labor, even before you feel any of the symptoms. Fetal fibronectin is the “glue” your body makes to hold your baby in the uterus. When your body is getting ready for you to give birth, this glue breaks down and leaks into the vagina.



Even if you don't have any risk factors, you should contact your healthcare provider if you have any symptoms of preterm labor, which can include:

- Contractions (your abdomen tightens like a fist) every 10 minutes or more often
- Change in vaginal discharge (leaking fluid or bleeding from the vagina)
- Pelvic pressure (the feeling that your baby is pushing downward)
- Low, dull backache
- Cramps that feel like your period
- Abdominal cramps with or without diarrhea.

Know what to expect.

— **Negative Test Result = You're Good to Go!**

- The vast majority of women will have a negative test result.
- This means you can be **99.2%** assured that you won't deliver in the next 2 weeks, so you can avoid unnecessary interventions.¹
- After the test, if you have symptoms or concerns, talk to your healthcare provider – the test can be repeated as often as every 2 weeks from week 22 until week 35 of your pregnancy.

+ **Positive Test Result = Listen to Your Body and Take it Easy!**

- Some women will have a positive result, indicating that the body is “leaking” fetal fibronectin. This means that there is an increased chance your baby could arrive early and signals to your healthcare provider that you may need extra attention.
- Your healthcare provider will develop a plan for the rest of your pregnancy, which may vary depending on what week of pregnancy you are in. The plan may include closer monitoring or changes in your daily activities.
- **It is important to note that not everyone with a positive test result delivers early.**