Ask your doctor about cervical length measurement if:

- You’ve previously had a birth before 37 weeks’ gestation
- You have a risk factor for preterm birth such as:
  - a history of bladder, vaginal or sexually transmitted infections
  - surgery on your cervix (LEEP or Cone biopsy)
  - a pregnancy after fertility treatment (even if it’s just one)
  - are African-American (African-American women have twice the risk of preterm birth)
  - have a body mass index (BMI) less than 19.6 or greater than 35
  - periodontal disease
- You’ve had or are experiencing any of these symptoms for more than one day:
  - pelvic pressure
  - abdominal tightening with or especially without pain
  - thin, watery, mucous discharge – any color but especially pink/tan/bloody
  - cramping like a menstrual period
  - persistent lower backache
  - feeling as though something “isn’t right”
- You’re scheduled to have a Level 2, or fetal anatomy, ultrasound at 18-24 weeks of pregnancy

More than half of the women who deliver preterm have no risk factors! Many doctors believe that all pregnant women should have a cervical length measurement in addition to their fetal anatomy ultrasound — even women who have none of the risk factors listed above. **Ask your doctor or nurse about cervical length measurement.**