

Appendix B.

Progesterone Treatment and Cervical Length Screening: Patient Education Materials

UNC Center for Maternal and Infant Health – www.mombaby.org

There are free patient education materials on 17P and preterm birth available in [English](#) and [Spanish](#) at www.mombaby.org. Available materials/videos for patients on [this section](#) of the website include:

- 17p and Preterm Birth – a booklet for Mom (English and Spanish); available free to Pregnancy Medical Home practices from your local CCNC OB Nurse Coordinator
- Footprints of Hope – A Mom to Mom Video about 17P; 15-minute video produced by the Forsyth County Infant Mortality Reduction Coalition and available in English and Spanish
- Prevention of Preterm Birth - UNC Maternal Fetal Medicine video; 5-minute video by Dr. William Goodnight at UNC about current recommendations to reduce risk of preterm birth, especially recurrent preterm birth

March of Dimes – www.marchofdimes.com

This [webpage](#) available from the March of Dimes provides information on:

- Vaginal progesterone
- 17P injections
- Short cervix
- What is progesterone
- Why different forms of progesterone are used
- How each form of progesterone is administered

Pregnancy after a premature birth: Treatment with progesterone shots – 2-minute video
<http://www.marchofdimes.org/videos/7000.aspx>

There are also resources available on the March of Dimes website about [ultrasound during pregnancy](#). Additionally, information about reducing the risk of preterm labor and the signs of preterm labor are available [here](#), and information about premature babies is available [here](#).