

RUH

Patient information: pre-labour rupture of membranes at term



This leaflet contains some useful information about what to do now that your waters have broken

What you should do once your waters have broken

Congratulations! You have seen your midwife and she has confirmed that your waters have broken. This is a normal part of your body's preparation for birth. Around 80% of women will go into natural labour within 24 hours and over 90% within 48 hours.

There is a very small chance that you could develop an infection; therefore, to minimise this, we recommend that you check your temperature every 4 hours when you are awake.

If your temperature is above 37.5°C please contact the delivery suite in Bath on 01225 824447 or 01225 824847.

Please contact your community midwife for advice if:

- the colour of the fluid loss changes from slightly pink or clear
- you notice an offensive smell from your fluid loss
- you feel unwell or develop flu like symptoms
- you begin to contract and feel you are ready to see a midwife for pain relief or reassurance.

You can bathe and shower as normal, but we do not recommend you have sexual intercourse as this can increase the risk of infection.

What happens next?

The midwife will have discussed your choices with you. If you don't go into labour naturally in the 24 hours following your waters breaking, you will be offered induction of labour.

If you do not choose to be induced at this point, provided both you and your baby are well, you will be offered an antenatal check with your midwife.

Please see the Induction of Labour leaflet for further information.

Once your baby is born

If your baby is born more than 24 hours after your waters have broken, your baby will need to be observed in their place of birth for the next 12 hours to monitor for signs of infection.

Patient Advice and Liaison Service (PALS)

This service focuses on improving services for NHS patients. If you have questions, concerns, suggestions or compliments about any NHS service you receive then speak to a member of staff.

If you feel that they cannot help you or you still have concerns, then contact:

PALS Manager
Royal United Hospital NHS Trust
Combe Park
BATH
BA1 3NG

01225 825656

Contact telephone numbers

- Princess Anne Wing Delivery Suite: 01225 824447 or 01225 824847
- Trowbridge Community Midwives: 01225 765840 or 01225 711319
- Chippenham Community Midwives: 01249 456434
- Frome Community Midwives: 01373 454763
- Paulton Community Midwives: 01761 412107
- Bath Team Community Midwives 07872 696160
(8.30am-5pm. Outside these hours please call Princess Anne Wing delivery suite)