

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

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Bath Birthing Centre:	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 (8.30am-5pm. Outside these hours please call Princess Anne Wing delivery suite)	07872 696160

## Preterm pre-labour rupture of membranes



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

## What will happen once your waters have broken

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Sometimes your waters may break before you reach 37 weeks of pregnancy. If this happens you will be asked to stay in hospital for 48 hours. This is due to the increased risk of pre-term labour and so staff can monitor the health of you and your baby. You will be given antibiotic tablets to take for 10 days, this helps to reduce the risk of infection. You may be recommended to receive steroid injections to help prepare the baby's lungs if labour starts early. You will be offered the chance to speak to a paediatrician who will help you understand the needs of your baby should they be born early.

After 48 hours in hospital an individual care plan will be made to manage your ongoing pregnancy.

## What happens next?

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If labour does not begin and you are discharged home we recommend that you see a midwife twice a week for an antenatal check. An appointment will be made for you to see an obstetrician and future follow up appointments will be discussed.

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

Due to the increased risk of infection after your waters have broken we recommend you check your temperature every four hours when you are awake and take the course of antibiotics as given to you in hospital. If your temperature is above 37.5°C please contact the Bath Birth Centre on 01225 824447/824847

## Please contact Bath Birthing Centre if:

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- 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 experience any pain
- any change in your baby's movements

## Once your baby is born

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If your baby is born prematurely he/she may need to spend some time in the Neonatal Intensive Care Unit (NICU) to be treated and monitored more closely. If your baby is well enough he/she will be transferred to Mary Ward with you for further treatment and monitoring. This will be discussed with you on an individual basis as it will depend on how early your baby is born.