

# Pre-Labour Rupture of the Membranes (waters breaking before labour starts)

**If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## Introduction

Sixty percent of women will go into labour (without any help or intervention) within 24 hours of their membranes rupturing (waters breaking). The rate of labour (without any help or intervention) after this is 5% per day.

## Advice given to women presenting with PROM at Term

- The risk of serious neonatal infection is 1% rather than 0.5% for women with intact membranes.
- 60% of women with prelabour rupture of the membranes will go into labour within 24 hours.
- If your waters break after 37 weeks of your pregnancy and you are known to carry Group B Streptococcus (GBS), you will be offered [induction of labour](#) straight away, as soon as reasonably possible. This is to reduce the time that your baby is exposed to GBS before birth. You should also be offered antibiotics through a drip.
- (Group B Streptococcus are **bacteria that come and go naturally in the body**.)
- Most of the time the bacteria are not harmful, but they can cause serious illness in people of all ages. Group B strep disease is a common cause of severe infection in newborns).

## Labour stimulation

If your GBS status is negative or unknown, you will be given the choice of induction of labour straight away (as soon as reasonably possible), within 12 hours or expectant management for up to 24 hours. Beyond 24 hours, induction of labour is appropriate. If you choose expectant management, a date and time will be arranged approximately 24 hours after your membranes have ruptured. This will be in discussion with the Delivery Suite manager or shift leader.

## Until Induction of labour is started

- **To detect any infection that may be developing, you should record your temperature every 4 hours during waking hours** on the chart provided on the back page of this leaflet and report immediately any change in the colour or smell of your vaginal loss, or if your temperature recording is above 37°C, using the telephone numbers provided on the chart.

If you choose not to be induced after 24 hours, then the following is important:

- We ask you to attend for daily checks to the Feto-Maternal Assessment Unit.
- (FMAU) or Ward 2E the Antenatal/Postnatal Ward.
- We will take a baseline blood sample 24 hours after the confirmation of ruptured membranes to check for infection.
- We will monitor your baby's heartbeat for 30 minutes.
- We will discuss your preference with you and your partner about the timing of your delivery.
- **To detect any infection that may be developing, you should record your temperature every 4 hours during waking hours** on the chart provided on the back page of this leaflet and report immediately any change in the colour or smell of your vaginal loss, or if your temperature recording is above 37°C, using the telephone numbers provided on the chart.
- Having a bath or showering is not associated with an increase in infection, but having sexual intercourse may increase your risk of infection.

**We advise you to return if:**

- You feel unwell or are feverish.
- The water you are losing is no longer clear or is offensive in smell.
- If regular contractions begin or you are having increasing abdominal pains.
- If your baby's movements have decreased.

### **Postnatal Care**

If your waters ruptured more than 24 hours before labour, then you and your baby will be closely observed for the first 24 hours, before being transferred into the care of the community midwife.

**Please do not forget to bring your personal maternity records with you when you come into hospital**



**Useful Telephone Numbers:**

**Feto-Maternal Assessment Unit (FMAU) - 0151 430 1939 Mon – Friday 9-5pm**

**Maternity Triage - 0151 290 4489 (24 hours)**

**Delivery Suite - 0151 430 1502 / 1503 (24 hours)**



**References:**

National Institute for Health and Clinical Excellence (2017) Intrapartum Care - Care of the Healthy Woman and Their Babies During Childbirth. NICE. London.

### Temperature Chart

If your temperature is above 37°C contact the:

- Feto-Maternal Assessment Unit - FMAU on 0151 430 1939 Mon-Fri 9am-5pm **or**
- Maternity Triage on 0151 290 4489 (24 hours)
- Delivery Suite on 0151 430 1502 (24 hours).

Date	Time	Temperature Recordings	Comments



**Mersey and West Lancashire  
Teaching Hospitals**  
NHS Trust

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633