

Women's Services

What you should know when your waters break and labour has not yet started

This leaflet will help you remember what your midwife discussed with you now that your membranes have ruptured (waters have broken) but labour has not yet started.

Research suggests that there is a small increased chance of serious neonatal infection - 1 in 100 rather than 1 in 200 with intact membranes. Planning an earlier birth may help to reduce the chance of infection in women and babies. However 60% of women go into spontaneous labour within 24 hours so we usually suggest it is best to wait this long.

Your midwife will have discussed the following with you, and this is just a quick reminder:-

- You may go home and be admitted to the Induction Suite on M3 within 24 hours for your labour to be started if labour has not yet commenced. A time to attend during the day will be arranged with you depending on the time your waters broke.

As you are going home to await the start of your labour, there are some observations that you need to make to ensure the well being of you and your baby.

- Please remember to wear a sanitary pad at all times and to check the colour of the liquor (water) regularly. The colour of the liquor should be clear and not have a strong smell. If the liquor is discoloured or smelly you should contact the Maternity Assessment Centre immediately.
- It is normal for liquor to drain all the time. You must not use a tampon, this can increase the chance of infection.
- Sexual intercourse should be avoided.
- You have been shown how to take your temperature. Please check your temperature every 4 hours during waking hours.

Time	Temperature

- * An increase in your temperature can indicate that you have an infection.
- * If your temperature rises to or above 37.5°C please contact:
- * **Maternity Assessment Centre on 364531 / 364532.**
- * If you have an increased temperature it may be necessary to give you antibiotics.
- * Please observe your baby's movements. If there is a change in the pattern of the movements or a reduction in movements then please contact the Maternity Assessment Centre.

Date of Induction of Labour:-

You will be contacted by a midwife on the Induction Suite to arrange a suitable time to come in. Induction Suite contact number - 01274 383583

Even if your baby is well then it will be necessary to observe your baby on the postnatal ward. The Neonatologists (baby doctors) suggest your baby is observed for 12 hours on the postnatal ward and remain in hospital for at least 24 hours following birth. However, if there are any signs of infection, then it will be recommended that your baby has a course of antibiotics.

If you wish to discuss any questions or concerns, please do not hesitate to contact the Maternity Assessment Centre - 01274 364531 / 364532.

We use Next Generation Text for people with hearing difficulties. To contact us ring 18001 before the number required.

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

If you need this information in another format or language, please ask a member of staff to arrange this for you.

Please file this in mothers notes once delivered.