

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.

The following options will have been discussed with you:

- Immediate induction of labour (IOL). This will be advised if there are any concerns in relation to the wellbeing of yourself or baby, e.g. presence of meconium (baby's poo) or if there are any signs of infection, or previous infection with Group B Streptococcus
- IOL around 12 – 18 hours after waters breaking
- Conservative management (await events). If this is your preferred option it will be arranged for you to attend the unit for daily monitoring of you and your baby

If you are going home your midwife will have discussed the following with you, and this is just a quick reminder:

Date of Induction of Labour:-

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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

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

- 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 - 01274 364531/364532
- 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 you have an increased temperature it may be necessary to give you antibiotics
- If your temperature rises to or above 37.5°C please contact the Maternity Assessment Centre on 01274 364531 / 364532.

Following the Birth of your Baby

If your waters have been broken 24 hours prior to labour it will be necessary to observe your baby for 12 hours on the postnatal ward and remain in hospital for at least 24 hours. This will be advised even if your baby is well.

If there are any signs of infection, it will be recommended that your baby has a course of antibiotics. This will mean a longer stay in hospital. A neonatal doctor and your midwife will discuss this with you.

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

People with hearing and speech difficulties

You can contact us using the Relay UK app. Textphone users will need to dial 18001 before the number to be contacted.

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

Smoking: 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.