



DEPARTMENT OF HEALTH

Rheynn Slaynt

PATIENT INFORMATION LEAFLET

RUPTURE OF MEMBRANES

Your Midwife or Doctor will have explained to you that you have had a 'spontaneous rupture of membranes' or 'your waters have gone'. Providing you are not in labour and other criteria regarding your pregnancy have been met, then you can usually go home rather than stay in the maternity unit.

However, whilst at home, it is important that you are aware that there is a small risk of developing an infection now that your waters have gone. Therefore if you develop any of the following listed below, you should return to the maternity unit. Please telephone the unit first to let us know that you are going to return. Our telephone number is 650030.

- Temperature higher than 37.3c – using the disposable thermometers given to you by the Midwife.
- 'Flu-like' symptoms – hot/cold, shivery, achy limbs, headaches.
- Generally feeling unwell.
- Change in the colour of the liquor on your sanitary pad – normally clear or slightly blood stained. Report if colour changes to brownish/green/straw colour.
- Change in the smell of the liquor on your sanitary pad.
- Fresh blood loss on your sanitary pad.
- Regular contraction occurring every five minutes for over one hour.
- Your baby stops moving or the movements are a lot less than previously.
- Any other reason that you are not happy/comfortable at home.

Your Midwife or Doctor should have given you a date and time to return to the maternity unit for an antenatal check or for labour to be induced.

If you do not understand any of the above or have any other concerns, please do not hesitate to ask your Midwife or Doctor.