

Expectant Management of Pre-Labour Rupture (PROM) of Membranes at Term

**Families Division
Patient Information Leaflet**



Advice

Your waters have broken (that is the bag of fluid which surrounds your baby) and you are waiting for labour to begin. It is important that you are aware of the following:

It is normal to experience

- A show - sticky / blood stained loss.
- Mild irregular tightenings.
- Continuing clear, watery loss from your vagina, that has no smell.
- White, vaginal discharge that has no smell.
- Baby will continue to move as before.

However, if you notice any of the following, or have any concerns, please contact Delivery Suite immediately on 01253 953618 or 953631.

Your watery loss or vaginal discharge changes colour and/or starts to smell.

- You have a fever or flu like symptoms.
- You notice palpitations (heart racing).
- Your temperature rises above 37.2oC.
- Your baby moves less than it has been doing.

If you do not go into labour on your own, you will need to come in for induction of labour.

Please attend the Delivery Suite on:

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To avoid infection:

- Bathing and showering is safe and not associated with an increase in infection.
- Sexual intercourse may be associated with an increase in infection.
- Change sanitary pads frequently (at least every 4 hours during the day), do not use tampons.

Recording your Temperature:

The midwife will explain to you how to monitor your temperature. This is important as a rise in your temperature may indicate you are developing an infection.

Please record your temperature on the chart below and bring this with you when you come to the hospital.

If your temperature is above 37.2°C, please contact Delivery Suite on 01253 953618 or 953631.

To take your temperature, you should place the thermometer under your tongue for 2 minutes.

Date:	Time:	Temperature:
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The midwife will file this information in your health record following admission to Delivery Suite.

Useful contact details

Department: Delivery Suite

Telephone: 01253 953618 or 953631

Hospital Switchboard: 01253 300000

Patient Relations Department

The Patient Relations Department offers impartial advice and deals with any concerns or complaints the Trust receives. You can contact them via tel: **01253 955588** or by email: **bfwh.patientrelations@nhs.net**

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

References

Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397** or **bfwh.trustpolicyteam@nhs.net**

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 955520**



Our Four Values:

