

# **Expectant Management of Pre-Term Pre-Labour Rupture of Membrane (PPROM)**

Families Division  
Patient Information Leaflet



## Advice

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

### **It is normal to experience**

- 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.

## **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.

## **Waiting for Labour to begin and baby to be delivered**

- Attend Maternity Day Unit (MDU) for Cardiotocography (CTG) for assessment of you and your baby. Bloods and swabs will be taken if there is a suspicion of infection.
- You might require an additional scan to check baby is growing and the amount of water around baby.
- You will need to take antibiotics for 10 days to reduce the risk of you and your baby getting an infection.
- You will need to check your temperature three times a day and record this information on the chart you will be given.
- Report any signs / symptoms that may suggest infection.
- You will be referred to a consultant clinic to discuss induction of labour. You will be offered induction of labour between 34 and 37 weeks.

# 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:

