

# Pre-Labour Rupture of the Membranes (waters breaking before labour starts)

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*如有需要，本传单可提供其他语言/版式  
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Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

**Author:** Midwife  
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## Introduction

Sixty percent of women will go into labour (without any help or intervention) within 24 hours of their membranes rupturing (waters breaking). The rate of labour (without any help or intervention) after this is 5% per day.

## Advice given to women presenting with PROM at Term

- The risk of serious neonatal infection is 1% rather than 0.5% for women with intact membranes.
- 60% of women with prelabour rupture of the membranes will go into labour within 24 hours.
- If your waters break after 37 weeks of your pregnancy and you are known to carry Group B Streptococcus (GBS), you will be offered [induction of labour](#) straight away, as soon as reasonably possible. This is to reduce the time that your baby is exposed to GBS before birth. You should also be offered antibiotics through a drip.

(Group B Streptococcus are **bacteria that come and go naturally in the body**. Most of the time the bacteria are not harmful, but they can cause serious illness in people of all ages. Group B strep disease is a common cause of severe infection in newborns).

## Labour stimulation

If your GBS status is negative or unknown, you will be given the choice of induction of labour straight away, as soon as reasonably possible, or expectant management for up to 24 hours. Beyond 24 hours, induction of labour is appropriate. If you choose expectant management, a date and time will be arranged approximately 24 hours after your membranes have ruptured. This will be in discussion with the Delivery Suite manager or shift leader.

## If you choose not to be induced after 24 hours then the following is important:

- We ask you to attend for daily checks to the Feto-Maternal Assessment Unit
- (FMAU) or Ward 2E the Antenatal/Postnatal Ward
- We will monitor your baby's heartbeat for 30 minutes
- We will discuss your preference with you and your partner about the timing of your delivery
- We ask that you check your temperature every 4 hours during waking hours and record the findings on this leaflet on the back page

- Having a bath or showering is not associated with an increase in infection, but having sexual intercourse may increase your risk of infection

### **We advise you to return if:**

- You feel unwell or are feverish
- The water you are losing is no longer clear or is offensive in smell
- If regular contractions begin or you are having increasing abdominal pains
- If your baby's movements have decreased

### **Postnatal Care**

If your waters ruptured more than 24 hours before labour, then you and your baby will be closely observed for the first 24 hours, before being transferred into the care of the community midwife.

**Please do not forget to bring your personal maternity records with you when you come into hospital**

### **Useful Telephone Numbers:**

**Feto-Maternal Assessment Unit (FMAU)**

**0151 430 1939 Mon – Friday 9-5pm**

**Maternity Triage 0151 290 4489**

**Delivery Suite: 0151 430 1502 / 1503**

### **References:**

National Institute for Health and Clinical Excellence (2016) Intrapartum Care - Care of the Healthy Woman and Their Babies During Childbirth. NICE. London.

