

**Going home with ruptured
membranes leaflet at term**
Information for women



Obstetrics & Gynaecology

patientinformation



The Rotherham
NHS Foundation Trust

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: your.experience@nhs.net

Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

کوردی سۆرانی
نەگەر تۆ یان کەسێک که تۆ دەناسی پێویستی بەیارمەتی هەبێت یۆ نەو دی لەم بەلگنامە بە تێبگات یان بێخوێنتێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ناو ژمارەیهی سەروددا یان بەو نیمەیلە.

Arabic

عربي
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو پرانے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی
اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

This booklet has been designed to provide you with information of what to look out for, now your waters have broken, and you have decided to go home to wait for your labour to start naturally.

Introduction

- Term pre-labour rupture of membranes happens in 6-19% of full term pregnancies at or beyond 37 weeks*
- 60% of women will go into spontaneous labour within 24 hours of rupturing their membranes*
- The risk of neonatal infection is 1% rather than 0.5% for women with intact membranes

*Data from NICE (National Institute for Health and Care Excellence) 2014 (updated 2017).

You will have been assessed at the hospital, and it will have been confirmed that your membranes have ruptured (waters have broken).

Women with pre labour rupture of membranes at term should be offered a choice of immediate Induction of Labour (IOL) or expectant (choosing to wait) management for up to 24 hours. This is to reduce the risk of infection. Expectant management is to allow for spontaneous contractions but will only be for a duration of about 24 hours following confirmation of spontaneous rupture of membranes.

Going home with ruptured membranes

If immediate IOL is decided upon by the women there is an increased risk of up to 50% of casearean section.

What to look out for when you are at home

- Check your baby is moving in its normal way
- Every time you go to the toilet, check that the fluid is clear on your sanitary pad
- There should be no evidence of bleeding, or any brown, or dark green discharge
- There should be no offensive smell
- It is advised you check your temperature using either a thermometer that you have at home or the tempadots provided by the hospital. Your normal temperature should be 37.5°C or below. A chart will be provided to you to monitor these signs
- You may start to have mild tightenings, or period like pain. This is normal, and may progress to strong contractions
- It is ok to have a shower or a bath

What to do if you have a concern

If you:

- Feel feverish/unwell
- Have a raised temperature
- Notice a change in baby's movements or reduced movements
- Notice a different coloured vaginal loss on your sanitary pad
- Go into labour

During the hours of 7.00am to 7.00pm, please telephone Triage on 01709 427700. Outside of these hours, please telephone the Labour Ward on 01709 424491.

The midwife will talk to you and provide you with the appropriate advice.

Your date for induction of labour is

How to contact us

Labour Ward

Telephone 01709 424491

Wharnccliffe Ward

Telephone 01709 424348

Triage

Telephone 01709 427700

Switchboard

Telephone 01709 820000

Useful contact numbers

**If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.**

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

UECC (A&E)

Telephone 01709 424455

**For GP out of hours,
contact your surgery**

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.gov.uk

www.patient.co.uk

Easyread websites

www.easyhealth.org.uk

www.friendlyresources.org.uk

www.easy-read-online.co.uk

We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team

The Oldfield Centre
The Rotherham NHS
Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

Telephone: 01709 424461

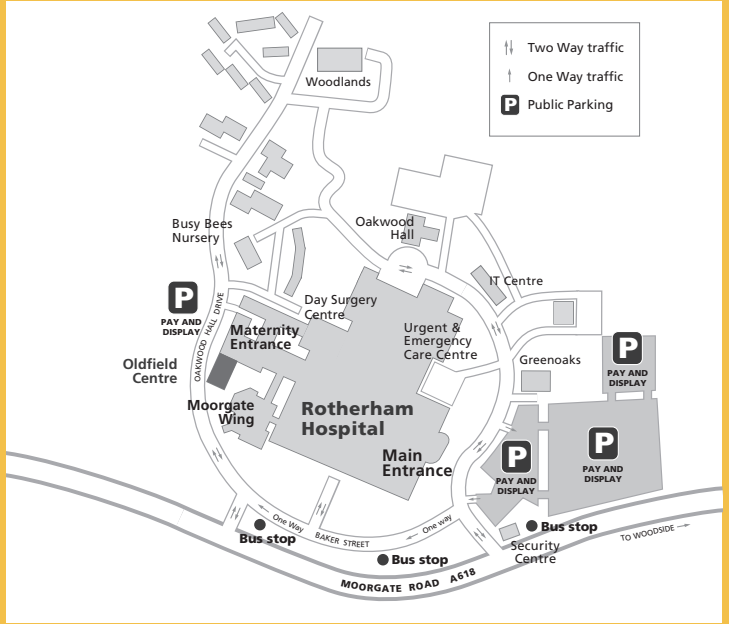
Monday to Friday

9.00am until 5.00pm

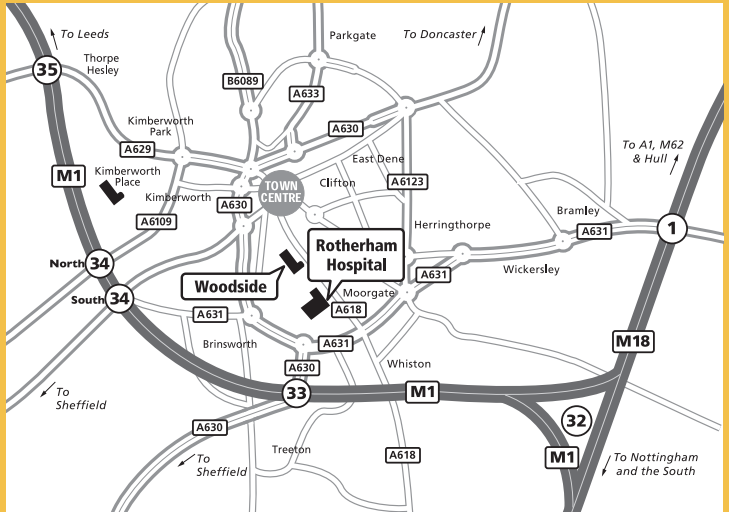
Email: your.experience@nhs.net

How to find us

Hospital site plan



Rotherham main routes





LS 21 01/2020 V6 Jones & Brooks



The Rotherham
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

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www.therotherhamft.nhs.uk