

# What you should know when your waters break and labour has not yet started

## Patient Information

**This leaflet will help you remember what your midwife discussed with you now that your waters have broken (membranes have ruptured) but labour has not yet started.**

Research suggests that there is a small increased chance of serious neonatal infection - 1 in 100 rather than 1 in 200 with intact membranes. Planning an earlier birth may help to reduce the chance of infection in women and babies. However 60% of women go into spontaneous labour within 24 hours.

### **The following options will have been discussed with you:**

- Immediate induction of labour. This will be advised if there are any concerns in relation to the wellbeing of you or your baby. This can be due to the presence of meconium (baby's poo) or if there are any signs of infection, or previous infection with Group B Streptococcus
- Induction of labour around 12 – 18 hours after waters breaking
- Conservative management (await events). If this is your preferred option it will be arranged for you to attend the unit for daily monitoring of you and your baby

### **If you are going home your midwife will have discussed the following with you, and this is just a quick reminder:**

- An increase in your temperature can indicate that you have an infection
- If you have an increased temperature it may be necessary to give you antibiotics
- If your temperature rises to or above 37.3°C please contact the Maternity Assessment Centre on 01274 364531 / 364532.

### **Following the Birth of your Baby**

If your waters have been broken 24 hours prior to labour it will be necessary to observe your baby for 12 hours on the postnatal ward and remain in hospital for at least 24 hours. This will be advised even if your baby is well.

If there are any signs of infection, it will be recommended that your baby has a course of antibiotics. This will mean a longer stay in hospital. A neonatal doctor and your midwife will discuss this with you.

**If you wish to discuss any questions or concerns, please do not hesitate to contact the Maternity Assessment Centre - 01274 364531 / 364532.**



## **People with hearing and speech difficulties**

You can contact us using the Relay UK app. Textphone users will need to dial 18001 before the number to be contacted.

## **Accessible Information**

If you need this information in another format or language, please ask a member of staff.

## **Smoking**

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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