NHS
Calderdale and Huddersfield
NHS Foundation Trust

Waters broken but not in labour

Advice for women going home to await the onset of labour

Your waters have broken before your labour has started (spontaneous rupture of membranes). This means that the protective sac of fluid around your baby has gone. The water will continue to come away until your baby is born. Labour will often start spontaneously within 24-48 hours.

After your waters have broken the national recommendation is that we start your labour within 24 hours, to reduce the risk of infection for your baby. In the meantime you have the option of going home to await the start of your labour. If you would prefer not to do this please discuss this with the midwife in the hospital.

If you are choosing to go home then it is very important that the following advice in this leaflet is followed.

Please contact the Maternity Assessment Centre or Birth Centre if you are concerned in any way about your pregnancy or you experience any of the following symptoms:

- You feel unwell or hot and feverish.
- The colour of the water coming away changes for example to green or brown.
- The smell of the water coming away changes.
- If you experience any bleeding.
- The pattern of your baby's movements change.
- If you think your labour has started or you experience pain that is stronger or different to normal.

It is very important to prevent infection so please ensure that you do the following:

- Change your sanitary towel frequently, at least every 4 hours during the day whether it is wet or not.
- Do not use tampons.
- If you have a bath do not add anything to it e.g. oils, foam, bubbles or to put talc, deodorant or perfume on your genital area.
- Do not go swimming.
- Do not have sex.

You will be given a date and time to contact labour ward to come in and have your labour started, if you have any concerns before this please do not hesitate to call.

compassionate care

If you have any comments about this leaflet or the service you have received you can contact :

Consultant Obstetrician and Antenatal Lead
Calderdale Royal Hospital

Telephone No. (01422) 224131

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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