



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

## Guidance for Women Presenting with Spontaneous Pre-Labour Rupture of Membranes (SRM) Maternity Services

Now that we have confirmed your waters have broken (SRM) happens to about 1 in 20 pregnancies), you can now go home to await the start of your labour. We would like to give you some information and guidelines to follow.

9 out of 10 women will go into labour naturally within the following 24 hours. However, if your contractions do not start after 24 hours, there is an increased risk of infection. Because of this we recommend that we induce your labour after 24 to 48 hours.

Women who are booked for the Birth Centre at Ysbyty Ystrad Fawr will have their induction at the Royal Gwent Hospital or Nevill Hall Hospital.

At home, you may eat and drink normally, have a bath or shower in plain water, be as active as you feel able, remembering that it is important to have some rest too.

We advise that you do not have intercourse now that your waters have gone, as this can increase your risk of infection.

It is very important that you observe for signs of infection when you are at home. Check your temperature at least twice during the day. A temperature over 37 degrees may be a symptom of infection. Do not measure your temperature for at least half an hour after having a hot drink.

Please contact the ward for advice and be prepared to come back in if:

- **Your contractions begin and they are regular and strong**
- **You start to lose fresh blood**

- ***The water you are losing changes colour (red, green, brown or smells offensive)***
- ***If there is a change in the pattern of the baby's movements***
- ***If your temperature has risen above 37 degrees***
- ***If you begin to feel feverish or ill or you become worried or concerned about anything***

If you have not gone into labour after 24 hours please return to the Antenatal ward at \_\_\_\_\_

on \_\_\_\_\_

**Telephone RGH B4:- 01633 - 234618**

**RGH Triage:- 01633 - 238164**

**NHH:- 01873 - 732398**

When you return, you will be assessed to decide the most appropriate form of induction for you. Please note that labour may not start straight away, so remember to bring something to help you pass the time.

**PLEASE MAKE A NOTE OF YOUR TEMPERATURE RECORDINGS HERE**

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