

Advice Sheet:

Home management following Spontaneous Rupture of Membranes (SROM) at term

Once at home there are certain signs and symptoms you need to look for now your waters have gone (ruptured membranes). In the following circumstances you will need to telephone Triage and talk to a midwife:

1) Temperature:

You need to take your temperature on a regular basis to observe for a developing fever which may indicate a developing infection. You will need to use a digital thermometer. Fever and forehead strips are not accurate enough. Mercury thermometers are fine but must be held in the mouth for at least three minutes to give an accurate reading.

Suggested times –

- On waking in the morning
- 10.00 a.m.
- 2.00 p.m.
- 6.00 p.m.
- Prior to going to sleep at night.

If your temperature is above 37.5°C contact the Triage midwife and inform her that you will be returning to Triage now.

If your temperature is 37.1 - 37.5°C recheck it in one hour. If it is still 37.1°C or higher please phone Triage and tell them you will be coming back in.

Please note:

Your temperature should be taken orally,

Do not take your temperature immediately after a hot or very cold drink or a bath, as you will get a falsely high or low reading

2) Any change in amniotic fluid/water:

The fluid around your baby is normally clear and slightly sweet smelling.

If the fluid changes to become any of the following you need to phone Triage to be readmitted

- pink/blood stained
- yellowy brown
- offensive odour

3) Baby's movements:

Any change in movements, i.e. they are more or less than is normal for your baby, phone Triage to speak to a midwife for advice.

4) Contractions:

If you start to have painful contractions you need to:-

- time how long they last
- record how often they occur

Contact Triage and speak to a midwife who will discuss with you whether or not at this stage you need to be readmitted.

5) If none of the above happens you need to be readmitted to the labour ward after 24 hours but before 36 hours following the time that your waters broke. This is at

Time:

Day & date.....

Your induction of labour will then be started.

Sexual intercourse should be avoided when the waters have gone (membranes ruptured).

If at any time you have any worries please telephone the hospital and speak to a midwife.

Triage Telephone Number: Direct Line 01932 722835

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
ने उगाठुं उवममे सी लेउ वै उं विरधा वरवे इस नंबर उे डेन ववे: 01932 723553
اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کریم اس فون نمبر 01932 723553 پر رابطہ کریں
Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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