

Information for patients

Home Management Following Spontaneous Rupture of Membranes (SRM) at Over 37 weeks



Name: _____

Who to contact and how: _____

Notes: _____

Diana, Princess of Wales
Scarcho Road
Grimsby
DN33 2BA
03033 306999
www.nlg.nhs.uk

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH
03033 306999
www.nlg.nhs.uk

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX
03033 306999
www.nlg.nhs.uk



Information for patients

Introduction

Your Midwife or Doctor will have explained to you that you have had a 'spontaneous rupture of membranes' or 'your waters have gone'. Providing you are not in labour and other criteria regarding your pregnancy have been met, then you can usually go home rather than stay in the maternity unit. Approximately 60% of women will go into labour within 24 hours of SROM

Once at home there are certain signs and symptoms that you need to look for now your waters have gone (ruptured membranes). In the following circumstances you will need to ring the midwife on the Central Delivery Suite (Scunthorpe & Goole) or on your team (Grimsby & Louth).

There is a small risk of developing an infection now that your waters have gone. **Therefore if you develop any of the following listed below, you should return to the ward.** Please ring first to let us know you are going to return.

The contact numbers are on the front of your maternal records, and within this leaflet.

Temperature: A thermometer will be given to you when you go home. You need to take your temperature on a regular basis to observe for a developing fever which may indicate a developing infection.

Suggested times, if you wish write down your temperature next to the time to remind you of the result:

- On waking in the morning.....
- 10.00am
- 2.00pm
- 6.00pm
- Prior to going to sleep at night

If your temperature is above 37.4⁰c contact your midwife in your local maternity unit, you will need to return to the hospital.

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.

Flu Like symptoms: Hot / cold, shivery, achy limbs, headaches, or generally feeling unwell.

Any change in amniotic fluid / water: The fluid around your baby is normally clear or slightly blood stained and slightly sweet smelling. Observe the liquor (amniotic fluid) on you sanitary pad. Report if colour changes to brownish / green / straw colour or smell becomes offensive.

Baby's movements: Any change in movements i.e. they are more or less than is normal for your baby.

Contractions: If your start to have painful contractions contact your midwife who will discuss with you where or not at this stage to be need to be readmitted.

Information for patients

Fresh blood loss: Any fresh blood loss noted on your pad.

Any other reasons: If you are not happy or uncomfortable.

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

Bathing or showering is not associated with an increased risk of infection.

If None of the Above Happen

You will need to return to the maternity unit. Induction of labour is offered at 24 hours after rupture of the membranes irrespective of the time. If this is not acceptable to you admission can be arranged for 20.00 hours or 08.00 hours (just prior to 24 hours following SROM or just after 24 hours of SROM).

TIME:.....

DATE:.....

LOCATION:.....

Contact Details for Further Information

Contact your Midwife on:

Central Delivery Suite (Scunthorpe): **03033 302270**

Ward 26 (Scunthorpe): **03033 302227**

Blueberry Team (Grimsby): **03033 304789**

Holly Team (Grimsby): **03033 304790**

Honeysuckle Team (Grimsby): **03033 304794**

Jasmine Team (Grimsby): **03033 304787**

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

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