Going Home with Ruptured Membranes

Call: tel# _______________________ with any concerns

Return to hospital: ___________________
(Date/Time)

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The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca
Taking Care of Yourself at Home
Your “waters have broken” or you have “ruptured membranes”. Until labour begins you can return home with some simple instructions provided in this pamphlet. This information will help in preventing possible complications.

Toileting
After you go to the bathroom you should wash the area with warm water, and dry from front to back. Change your sanitary pad each time you go to the bathroom. The fluid on the pad should be clear. A small amount of pink, red or brown staining may be seen; this is normal.

Showering
You may shower. It is refreshing and aids relaxation in early labour.

Bathing
Once labour contractions are regular, less than 5 minutes apart, you may use the bathtub for relaxation and comfort.

Sexual Intercourse
Penetration is not recommended after your waters have broken.

Fetal Movement
Normal fetal movement is expected.

Rest and Activity
Continue your normal activities and your usual bedtime. Take a nap during the day if you feel tired.

Food & Fluid
Eat a normal diet. Drink plenty of liquids, juice or water. Have at least one glass of fluids every hour while you are awake.

Return to the Hospital if:
- contractions become regular, stronger, increasing in intensity, duration and frequency
- you feel ill, feel hot, or have chills
- the amniotic fluid (water draining onto pad) becomes green or develops a bad smell
- you have bright red bleeding like a menstrual period
- you are uncomfortable staying at home.

If you are concerned, please call your doctor or midwife or the hospital where you plan to give birth, and ask for the birthing unit.

Baby’s Best Chance is available online at www.healthyfamiliesbc.ca/parenting

VCH Parenting Website
This is Vancouver Coastal Health’s one-stop website for information on pregnancy and caring for children from birth to age five. Visit the “Caring for yourself in Labour” for more information. http://parenting.vch.ca