

# GOING HOME WHEN YOUR WATERS HAVE BROKEN



the women's  
the royal women's hospital  
victoria australia

This information is for pregnant women whose waters have broken (the membranes around the baby have ruptured). It will help you to watch for the signs of infection when you go home.

## When you go home

You will need to do the following:

- watch the colour of your vaginal loss each time you change a pad
  - pink or clear is okay
  - yellow or green, please come into hospital
- be aware of your baby's movements
- take your temperature and pulse every 4 hours and write it down so you can remember them
- if you were given antibiotics, take them as prescribed until all tablets are gone.

If at any time:

- you feel unwell (i.e. experience flu-like symptoms)
- your temperature goes above 37.4 Celsius
- your pulse is greater than 100 beats per minute
  - If you don't know how to find your pulse, notice if your heart feels like it is beating faster than normal.
- you have a bright red vaginal loss
- there is a change in the colour or smell of your vaginal loss
- you start to have regular pains/contractions
- your baby does not move as much as it has been moving
- your abdomen is tender (sore to touch in between contractions)
- you have any changes that concern you

Telephone the Women's Assessment Centre on (03) 8345 3635 and a midwife will talk to you about what you should do.

## Important things to remember

- It is not suitable for you to go swimming with ruptured membranes.
- Eat and drink as you need to ensure hydration and energy.
- Rest as much as possible.
- It is important that you do not have sexual intercourse when your membranes have ruptured.
- Do not use tampons.
- That you have a plan/date and time for induction of labour, if you don't go into labour by yourself

**You must attend day assessment and clinic appointments as arranged each week.**

### Remember

If you have any queries or concerns do not hesitate to ring us at any time.

The midwives are available 24 hrs a day on (03) 8345 3635.

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