

Pre-term premature rupture of the Membranes

Tena koutou katoa, Kia orana, Talofa lava, Malo e lelei, Fakaalofa lahi atu, Taloha Ni, Ni Sa Bula Vinaka,

Greetings and Welcome to National Women's

You have pre-term premature rupture of the membranes. This means that the membranes containing the water around your baby have got a hole in them, and it is likely that you will continue to leak fluid. Initially you will have been reviewed in hospital and a plan of care made for you and your baby. Careful management is required as you have an increased risk of infection and pre-term labour.

Things to look out for:

- Any flu' like symptoms or generally feeling unwell
- Any change in the colour or smell in your vaginal loss
- Any bleeding from your vagina
- Any concerns that there is a reduction in the baby's movements or you don't feel any movements
- Abdominal pain/back pain, contractions or tightenings

The signs of pre-term labour can sometimes be subtle. These may be:

- Pressure or discomfort in the bowel
- Mild abdominal pain or back pain
- Period-like pain
- A feeling of fullness in the vagina
- Increased frequency in passing urine
- Your uterus starts contracting or tightening

Advice:

- Take your temperature 4 hourly during waking hours. If it is greater than 37.3°C, please call your LMC or Women's Assessment Unit (WAU)
- Do not swim or have a spa
- Refrain from having intercourse
- Avoid using tampons

PLEASE CALL AND COME TO WAU FOR ASSESSMENT IF YOU HAVE ANY CONCERNS.

**WAU contact number:
(09) 631 0784**

Open 24 hours, 7 days a week

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