

Pre-term premature rupture of membranes

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

You will have been seen by our team in hospital and a plan of care made for you and your baby. Extra care from our team is needed as you have a higher 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**

Women's Health Information Unit

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