

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. This needs to be managed carefully because you have an increased risk of infection and may go in to labour before your due date.

Things to look out for are:

- Any flu' like symptoms or generally feeling unwell... please call your LMC or Women's Assessment Unit.
- Take your temperature every 4 hours during waking hours. If it is greater than 37°C come in to WAU. If you feel flushed please ring in.
- Please report immediately if you have any change in the colour or smell in your vaginal loss.
- If you have any bleeding from your vagina please come in.
- Do not swim, have a spa, have intercourse or use tampons.
- Please inform us immediately if your baby's movements are decreased.

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.

PLEASE COME TO WAU FOR ASSESSMENT IF YOU HAVE ANY OF THESE.