

Pre-term premature rupture of membranes

Sometimes the membranes containing the water around pēpi (baby) have a hole in them, and it is likely that you will leak fluid. This is called premature rupture of membranes.

You will have been seen by our team in hospital. A plan of care has been made for you and pēpi. Extra care from our team is needed as you have a higher risk of infection and pre-term labour.

The signs of pre-term labour can sometimes be subtle

- 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.

What to do if you are experiencing signs of pre-term labour

- Call your Lead Maternity Carer (LMC), or Women's Assessment Unit (WAU) on 09 631 0784, for advice, or come directly to WAU on Level 9 of Auckland City Hospital.
- Bring important documentation and medication with you.
- Bring any labour bags you have prepared.

Things to look out for (signs of infection)

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

What to do if you are experiencing signs of infection

Call your LMC, or WAU on 09 631 0784, for advice, or come directly to WAU on Level 9 of Auckland City Hospital.

To decrease the chance of infection:

- Do not swim or have a spa
- Refrain from having intercourse
- Avoid using tampons.

Take your temperature every 4-hours while you are awake. If it is greater than 37.3°C, call your LMC or WAU.

Please call WAU on 09 631 0784 or come directly to WAU on Level 9 of Auckland City Hospital for assessment if you have any concerns.