

## **Your Water Breaking: Rupture of Membranes at Term**

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Rupture of membranes is the medical term that describes the breakage of the fluid sac that surrounds the baby in the uterus (womb). The common term for this is “water breaking”. Often times, this is your first sign of labor. You may experience this as a big gush or a steady trickle of watery discharge from your vagina. It can be clear, pink, green or brown in color. If you have ruptured your membranes, the leaking will generally happen more than once. If you suspect you have ruptured your membranes do the following:

- Put on a clean pad. Wash your hands before touching your perineum or pad.
- Call Triage at (734) 764-8134. Tell them the following information:
  1. The time your bag of waters broke, the color and amount of fluid
  2. How much baby is moving.
  3. Whether you are having any uterine cramping or contractions.

If you are Group B Strep positive it is important to call as soon as you think your water broke so you can start taking antibiotics to help protect your baby from infection.

It is also important to call as soon as possible if:

- you do not feel the baby move
- you have a fever over 100.4
- the fluid leaking has a foul smell
- your uterus is very painful to the touch
- the fluid is green, brown, or dark red (clear and pink are normal)
- you know or suspect that the baby is not positioned head first.

Do not put anything in your vagina or have intercourse until you have been checked for ruptured membranes by your doctor or midwife.

If you are leaking again, after you have already been checked for ruptured membranes and were “negative”, please call Triage again.

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