

# **VARIATION OF NORMAL:** **SROM (SPONTANEOUS RUPTURE OF MEMBRANES)** **& PROM** **(PROLONGED/PREMATURE RUPTURE OF MEMBRANES)**

## What is it?

- SROM: Spontaneous Rupture Of Membranes – Water broke on its own
- PROM: Premature rupture of membranes - Membranes have ruptured, but labor has not begun
- Sometimes the sacs (there are 2) "reseal" (layers move so puncture holes do not align and leaking stops) if there was only a leak. Sacs do not normally reseal after a gush.
- Amniotic fluid will continue to be produced, so you'll know if it is a true rupture.
- Amniotic fluid often smells like semen.
- Fluid refills sac every three hours
- About 10% of term labors have membranes rupture before labor begins
- Between 77% and 95% of women will go into labor within 24 hours post-SROM
- Most (the vast, vast majority) of physicians and hospitals will want the baby delivered by 24 hours after the water has broken

## What's the risk?

- Prolapsed cord
  - ☛ If you feel something in your vagina, check with your fingers and contact your care provider immediately.
- Infection
  - Group B Strep protocol – prophylactic IV antibiotics (See GBS in this section of the binder)
  - Remember that as long as water is coming out, there is less opportunity for infection to go in than if we help it in. Evidence shows an increase in infection in relation to increased numbers of vaginal exams.
  - ☛ After membranes have ruptured, nothing in the vagina: NO TAMPONS, NO FINGERS, NO HUSBANDS.
  - ☛ Be careful of bathroom hygiene. If possible, clean one toilet in your house for your exclusive use. Wipe front to back. Some care providers recommend using a peri bottle with betadine to cleanse.
  - ☛ Some care providers will recommend that you take showers, not baths.
  - ☛ Monitor your temperature per your care provider's instructions. An elevated temperature may be the first sign of infection.

## How is it treated/handled?

- Note TACO if your water breaks:
  - 🍌 TIME water broke
  - 🍌 AMOUNT of water that came out (Trickle? Gush?)
  - 🍌 COLOR of water (should be clear; if yellow or green call care provider)
  - 🍌 ODOR – Contact care provider immediately if there is a foul odor
- Obstetricians will likely want you to go to the hospital if your membranes rupture. Are you ready for that?
- What will happen when you notify your care provider? Physicians can only recommend that you come in, if you are birthing in a hospital. Most midwives are comfortable with waiting a few hours (or more). Are YOU ready to go in or do you wish to give labor a few hours to begin on its own?

## What can I do to avoid/prepare?

- Make a decision NOW, while you're not under pressure, about how you will handle the situation if your membranes rupture before labor begins.
- Discuss the issue with your care provider AHEAD of time.