

Home with Ruptured Membranes

You have been checked and your membranes have ruptured. Membranes rupture before labour begins in about 8% of women with term pregnancies. Over 60% of these women begin labour on their own within 24 hours.


At home:

- Check your temperature every 4 to 6 hours. If your temperature is 37.5°C or 99.5°F or more, come back to the Assessment Area at the Hospital.
- Report any change in colour or odor of the fluid – for example if the fluid is green.
- Report any red blood (for example like a period).
- You may shower but no baths.
- ✗ Do not use tampons.
- ✗ Do not have intercourse.

Return to the Assessment Area of the Hospital when your contractions are regular,

If you have not gone into labour by: _____ a.m. p.m.
please:

- call your doctor or midwife
- return to the Assessment Area at the Hospital

If you have any concerns, call the Assessment Area at:
 905-522-1155 ext. 33251

