PRELABOR RUPTURE OF THE MEMBRANES:

1. Rupture of membranes before the onset of labour, whether it occurs at term or preterm, is a cause for worry because it may be associated with perinatal and maternal complications.
2. Whenever you have rupture of membranes report to hospital as early as possible. Don't wait at home till you get your labour pains.
3. Keep a sanitary napkin and avoid moving unnecessarily. Call an ambulance and reach the hospital as soon as possible.
4. There will be a gush of fluid per vaginum which will not be under your control. It can be a continuous trickle or intermittent discharge.
5. Our goal of managements are optimizing the time of delivery and minimizing the perinatal mortality and morbidity.
6. When you report to hospital immediately, we will have time to assess your liquor status, wellbeing of foetus with heart rate monitoring. Early intervention can be done if any of the above is abnormal.
7. Maternal and foetal complications increase with the duration of rupture of membranes and foetal prematurity.
8. Foetal complications may include foetal pneumonia, septicaemia and perinatal death.

Complications can be avoided when the diagnosis is made early and when treatment is given appropriately.