**Information for After the Bag of Waters is Broken**

Sometimes, the bag of waters that surrounds the baby will break, and the water will seep out of your vagina. The medical term for this is rupture of membranes. RUPTURE means to break, and the bag is made of MEMBRANES. The medical word for the liquid surrounding the baby is AMNIOTIC FLUID. Even though sometimes LOTS of it leaks out, your body and your baby keep making plenty of amniotic fluid until the baby is born. Most women go into labor within twenty-four hours of breaking the bag of waters.

You and your midwife or family doctor have decided together that you will go home for a while to wait for labor to begin or to get stronger. There may be slightly higher chance of infection in your uterus when the bag of waters is broken for more than twenty four hours and you have not gone into labor. It is **very important** that you return to the Birth Center at or before the time noted below, and follow these instructions carefully:

-**Do not** put anything in your vagina. This includes, fingers, toilet paper, tampons  
-Do not have intercourse  
-Take your temperature every four hours  
-If you feel chills or feverish or your temperature is over 100o F or 37.6C **You must   
 come to the Birth Center IMMEDIATELY**

We also want you to come to the Birth Center if:

• You feel your baby is moving much less than it usually does, or your baby moves less than ten times in two hours.

• You have vaginal bleeding like a period. It is normal to have some bloody mucous discharge.

• The liquid coming from your vagina changes color from clear to green or yellow/green.

• Your contractions have been every 3-5 minutes for an hour and they are so strong that you can't talk through them.

-Remember, keep drinking juice and water! Your body needs the energy. It is fine to eat lightly if you want to.

-Please call the Birth Center at 206-8725 if you have any questions. Please be sure and ask for your MIDWIFE or FAMILY DOCTOR. Don't feel shy or embarrassed about calling. We like to answer your questions!

You must return to the Birth Center by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It is fine to return sooner if you want to, but you must not return later.