



If Your Water Breaks

If your water breaks and ALL of the following applies:

- the fluid is clear
- the baby is moving normally
- you are GBS negative
- you are not in active labour
- you are more than 37 weeks pregnant
- it is nighttime

- Put a pad on and go back to bed. Call us in the morning.
- If your water breaks in the daytime, please call to give us a heads up.

If your water breaks and ANY of the following applies:

- the fluid is brown, green or yellow
- you are GBS positive
- you develop a fever and/or feel hot or shivery
- you are less than 37 weeks pregnant
- you are in active labour
- you are concerned about anything, including the baby's movements

- Page us anytime, day or night.

When your water is broken, it is important that you follow the following instructions to prevent infection:

- Don't put anything inside your vagina (fingers, tampon, penis, etc)
- Don't have a bath until you're into active labour (showers are fine)
- Take your temperature every 2 hours when you are awake, and page your midwife if it is over 38 degrees Celsius, or you feel like you have the flu.