

Induction of labour bitesize – Prelabour rupture of membranes (PROM)

Why might I be offered induction of labour?

Induction of labour (IOL) will be offered if you and the team caring for you agree that it will benefit you or your baby/babies health.

IOL is usually recommended in the following circumstances:

Pre-labour rupture of membranes (PROM): When a woman's waters break without onset of contractions. You may hear this referred to as **PROM (Pre-labour Rupture Of Membranes)**.

It is safest to offer IOL as soon as possible because if labour does not start 24 hours after your waters break, there is an increased risk of infection to both you and your baby.

If you do have PROM from 37 weeks gestation or more, you will be offered:

- Immediate induction of labour so that baby is born as soon as possible (Planned early birth)
- Wait for labour to start naturally. (Expectant management)

There is evidence that anywhere between 60% to 95% of those women who have PROM will go into labour within 24 hours.

A large review of research papers called "A Cochrane review" (Middleton et al 2017) of planned early birth vs expectant management found that planned early birth after PROM "may help to reduce maternal infection by around 50% without increasing the need for caesarean section".

Neonatal infection and subsequent admission to neonatal unit was found to be reduced by around 25%

This meant a shorter hospital stay for both mother / birth person and baby for those women who had planned early birth.

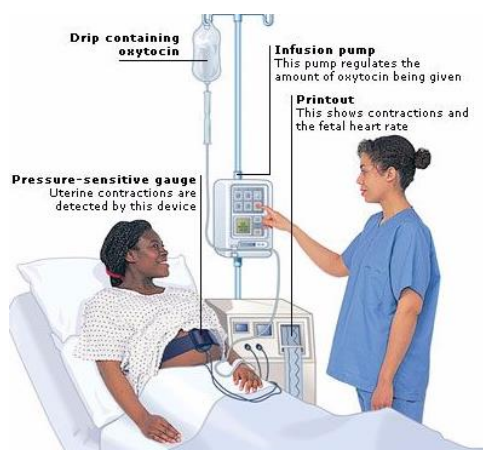
In the case of a woman or birth person who has already been found to have Group B Strep in their current pregnancy an immediate induction of labour is recommended (RCOG 2012)

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If your waters have already broken you will be assessed and may start your induction of labour on the **second step** of induction with the oxytocin hormone drip following discussion with a midwife or a doctor.

You will be offered 1 of 2 options:

- Transfer to the delivery suite where you will commence on the oxytocin (hormone) drip.



Or

- Home on expectant management to return 16 hours after your waters break for a prostaglandin gel which will soften and prepare your cervix (neck of your womb) for labour. You will be reassessed after 6 hours from having the gel and if you are not going into labour you will be started on the oxytocin (hormone) drip.

If you do choose to wait for your contractions to start and you go home please call and attend the maternity assessment unit immediately if:

- You start to bleed.
- Your waters become offensive smelling, change colour: brown, green or blood stained may indicate that your baby is becoming distressed.
- You have concerns about your baby's movements (movements have slowed or changed pattern from usual)
- You start to feel unwell.
- You experience changes in your temperature.
- You start to experience pain which requires pain relief.

Numbers to call: 0151 708 9988 extn: 1040