

If your waters break, you may feel a slow trickle or a sudden gush of fluid. This fluid is normally clear or pink in colour, however sometimes a baby can pass their first poo (called meconium) inside the sac, causing the fluid to become green or yellow. If you think your waters have broken it is important to call your maternity triage/assessment unit straight away, particularly if you think you can see meconium. If you think your water's have broken, wear a thick sanitary pad as your midwife will ask to see this when you attend hospital for a check-up.

If your waters do break before labour, it is likely that your labour will start naturally within 24 hours, however if it doesn't start it may be recommended that your labour is induced (started with the aid of medications) to reduce the risk of infection for both you and your baby. Your maternity team will discuss this with you and agree a plan if this is the case.

Call your maternity triage/assessment unit OR Birth Centre if:

- your waters break
 - you have any fresh red vaginal bleeding
 - your baby isn't moving as often as usual
 - you have strong and regular contractions
 - you have constant abdominal pain
 - you feel unwell or you are worried
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For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/labour-signs-whathappens/
- **Tommy's**
www.tommys.org/pregnancy-information/labour-birth/how-will-i-knowwhen-labour-has-started