Term prelabour rupture of membranes

Woman with confirmed PROM and live singleton, cephalic fetus ≥ 37+0 weeks

Risks/benefits of active care:
- Decreased
  - Chorioamnionitis
  - Admission to nursery
  - Neonatal sepsis (definite or probable)
- No difference in
  - CS or operative birth
  - PPH
  - Cord prolapse
  - Stillbirth
  - Apgar < 7 at 5 minutes
  - Perinatal mortality
  - Definite neonatal sepsis
- Mixed reports
  - Maternal experience
- No data
  - RDS
  - NEC
  - Postnatal depression
  - Breastfeeding
  - Meningitis

Indications for active care
- Maternal choice
- High head
- GBS positive or previous baby with EOGBSD
- Maternal infection
- Meconium/blood stained liquor
- Concern for maternal or fetal wellbeing
- Cervical suture (remove) +/- IOL
- PROM > 24 hours
- Non-cephalic presentation (usually CS)
- Vaginal birth contraindicated (CS)

Expectant care at home if:
- Active care not indicated
- Clinician available for advice and follow-up
- Woman able to self-monitor for signs of infection and return to hospital
- Safe home environment

Monitoring
- Assess fetal wellbeing (FHR, CTG if risk factors)
- Assess for signs of infection:
  - Temperature ≥ 37.5 °C
  - Change in vaginal loss (odour, colour, amount)
  - Uterine tenderness/pain
  - Feeling unwell
  - Maternal or fetal tachycardia

Plan ongoing care
- Assess indications for active care (IOL or CS)
- Discuss risks and benefits of active and expectant care relevant to individual circumstance

Indications for active care
- Yes
  - Recommend active care
  - Recommend expectant care in hospital

Expectant care at home?
- No
  - Recommend expectant care at home
  - Recommend active care

Recommend expectant care at home
- Advise return to birthing unit for assessment if:
  - PROM > 24 hours
  - Change in fetal movements
  - Signs of infection
  - Change in vaginal loss
- Offer information that risk of infection:
  - Increased with vaginal intercourse
  - Not affected by showering or bathing
- Recommend IOL if:
  - Woman requests
  - Concern for maternal or fetal wellbeing


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