

# Prelabour rupture of membranes at term

Woman with confirmed PROM and live singleton, cephalic fetus  $\geq 37+0$  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:

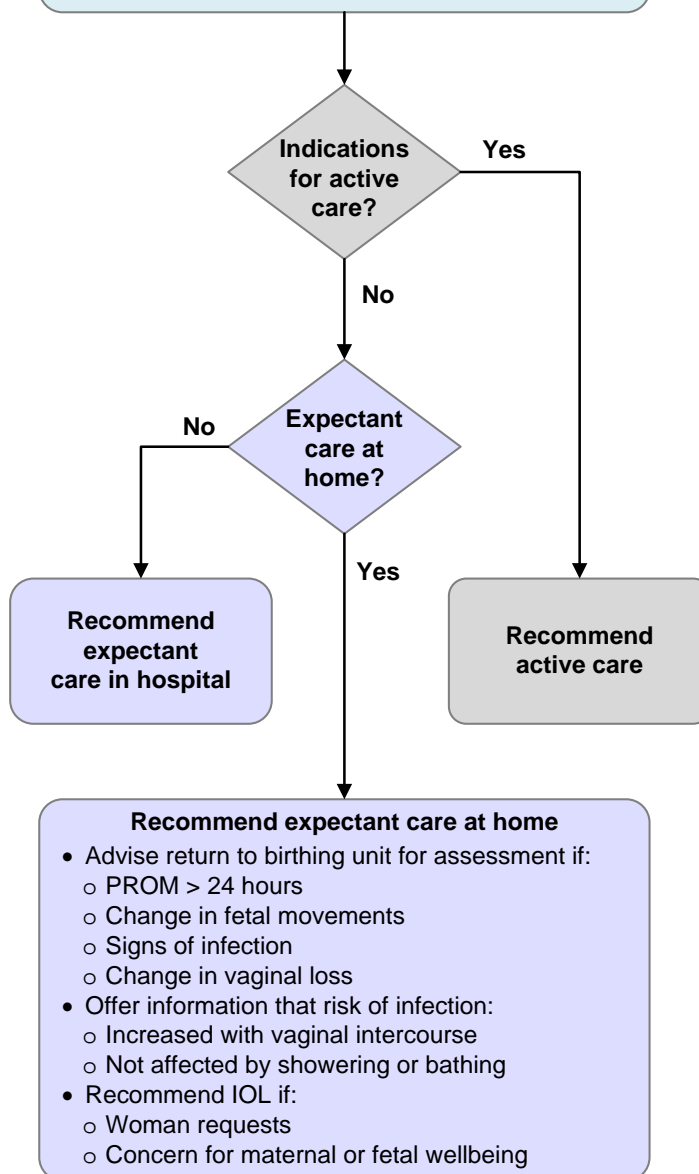
- Active care not indicated
- Clinician available for advice and follow-up
- Woman able to self-monitor for signs of infection and return to hospital
- Safe home environment

## Monitoring

- Assess fetal wellbeing (FHR, CTG if risk factors)
- Assess for signs of infection:
  - Temperature  $\geq 37.5^{\circ}\text{C}$
  - 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



**CS:** caesarean section, **CTG:** cardiotocograph, **EOGBSD:** early onset Group B *Streptococcus* Disease, **FHR:** fetal heart rate, **GBS:** Group B *Streptococcus*, **IOL:** induction of labour, **NEC:** necrotising enterocolitis, **PPH:** primary postpartum haemorrhage, **PROM:** prelabour rupture of membranes, **QCG:** Queensland Clinical Guidelines, **RDS:** respiratory distress syndrome, **ROM:** rupture of membranes, **>:** greater than,  **$\geq$ :** greater than or equal to

Queensland Clinical Guideline. Term prelabour rupture of membranes (PROM). Flowchart: F23.47-1-V2-R28