

Title: Management of Premature Rupture of Membranes at Term

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Abstract: Premature rupture of membranes (PROM) at term is when a women's water breaks prior to the onset of labor. When this happens, your management options are induction of labor or expectant management (wait for spontaneous labor to occur). Induction of labor reduces the risk of maternal infections related to the membranes and the womb. There is no difference in the rate of neonatal infections between the two options.

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## Premature Rupture of Membranes at Term: Description and Management

### What is Premature Rupture of membranes (PROM)?

Premature rupture of membranes at term is when your water breaks after 37 weeks gestation prior to the onset of labor. You may feel a gush of fluid but will not have contractions.

This occurs in about 8% of all pregnancies.

95% of woman will go into labor spontaneously after PROM within 24 hours.

### What causes PROM?

We do not know what causes PROM directly. It has been associated with:

- Multiple pregnancy
- Too much amniotic fluid
- Cigarette smoking
- Infection
- Sexual intercourse
- Defect in the membranes

### Why should I be concerned?

The membranes help keep infection out. If they break, fluid leaks out and germs can get in.

PROM may result in infection of the membranes or of mom's womb. If this happens, the baby can become infected.

### What are my options?

#### Induction of Labor

This means you go to the hospital. You will be given medicine (oxytocin or prostaglandin) that will help stimulate contractions and induce labor.

#### Expectant Management

This means that you will stay at home until you start contracting and go into labor on your own.



**Which is better?  
Induction of labor  
-Or-  
Expectant management**

Induction of labor reduces the risk of some maternal infections related to the membranes and the womb.

There is no difference in the rate of neonatal infections between the two options.

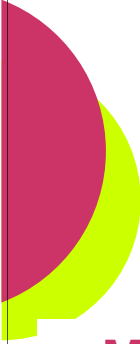
Fewer babies get admitted to the Neonatal Intensive Care Unit (NICU) with induction of labor.

Induction of labor does not increase the risk of needing a C-section.


For more information on premature rupture of membranes:

The Virtual OB-GYN Office:  
<http://www.gynob.com/prom.htm>

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Premature Rupture  
of Membranes  
(PROM) at Term**



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