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The document is for: Women's healthcare, Obstetrics

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# Water breaking - Information for those whose water has broken without contractions, engelska

Your labor has started with your water breaking and you are waiting at home for the contractions to start.

While you're home, you should check your temperature twice a day with a rectal thermometer. If your temperature is above 37.9°C, you should call the maternity coordinator. This may be a sign that it's time to induce labor.

You should also pay attention to the color of the amniotic fluid, which is normally white or clear. If the color changes or if you have any other concerns, you should call the maternity coordinator.

Due to the risk of infection, we recommend that you don't bathe at home or have sex when your water has broken.

If your labor doesn't start on its own, we recommend inducing labor at the latest after about 48 hours. Below is your appointment for labor induction. If your labor starts before this time, you can disregard the appointment. *If your temperature rises above 37.9°C or if your water changes color, you should always contact the maternity coordinator, even if it is close to your labor induction date.*

You have been given an appointment for labor induction .....on .....  
at ..... on the ..... ward.

Welcome!

**Maternity coordinator tel: 031-343 12 50**

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