

Factsheet - Induction of labour for Prelabour Rupture of Membranes (PROM) at Term

Key facts:

Here's a summary of evidence-based UK data, individual risk may vary.

What does "PROM" involve?

PROM involves your waters (amniotic sac) breaking before labour starts. It happens in about 8 - 10% of pregnancies after 37 weeks of pregnancy.

Around 60% go into labour spontaneously within 24 hours and 90% spontaneously within 48 hours of PROM.

Your Choices

- ✓ Accept induction or plan a caesarean birth
- ✓ Say no to induction or caesarean and have extra checks instead.
- 💡 Talk about other options with your midwife or doctor.

Why does it matter?

Once your waters break, your baby is no longer protected from infection. The chance of serious infection for your baby doubles to 1 in 100 pregnancies with a PROM and this increases over time after the PROM.

What are the alternatives?

If you choose to wait longer than 24 hours, you'll be offered:

- Regular checks of your temperature and baby's heart rate.
- Monitoring for signs of infection.
- A plan for induction or caesarean if labour doesn't start.

Quick Summary

- Most people go into labour themselves after their waters break.
- Induction helps reduce the chance of infection.
- You can choose to wait, start labour early, or discuss other options.
- Your choice matters – talk to your midwife or doctor

What Happens if you decide not to be induced?

If your preference deviates from recommended care, you will be offered an appointment to discuss this further with your obstetrician who will discuss your options and any extra support and monitoring you will need.

Need Help or Have Questions?

Speak to your midwife or call Triage: 01772 524495

Here's a practical BRAIN Decision Tool. It's designed to help clarify thought processes and support informed choices:

How to Use It:

Write down your thoughts under each heading.

Discuss them with your midwife or healthcare team.

Use this as a guide, not a rule - your choice matters.

Some examples have been added to the table to help you get started.

B - What are the potential benefits of induction for me and my baby?

Examples:
May reduce chance of infection.
Planned timing for birth.

R – What are the possible risks or downsides?

Examples:
Longer labour process.
Increased chance of interventions (e.g., assisted birth).
Possible discomfort from induction methods.
Longer stay in hospital

A – What other alternatives do I have?

Examples:
Wait for labour to start naturally.
Extra monitoring.

I – What does my intuition tell me?

N – What happens if I do nothing right now?