

DID MY WATER BREAK?

It is not uncommon in the last month of pregnancy for women to think that their membranes have ruptured but it is more likely to be the increased vaginal mucousy discharge that goes along with the end of pregnancy or the baby's head pressing down low on your bladder causing incontinence.

If you notice a trickle of fluid or a gush from your vagina the hospital can test the fluid to help determine if it truly is the amniotic bag and listen to the baby's heart rate to determine fetal well-being

If you think the amniotic sack around your baby has ruptured you need to come to the hospital so the ob nurses and your doctor can determine your plan of care. If you are term and your bag of water has broke but you are not experiencing any contractions your doctor will start you on medication to encourage the labor process.