



Expectant Management for PROM – Patient Instructions

I understand the potential risks and benefits of waiting for labor to start on its own.

My bag of water broke at: _____
(Date) (Time)

I will return to Labor & Delivery (L&D) by: _____
(Date) (Time)

EXPECTANT MANAGEMENT CHECK LIST

- ☐ Do not place anything in the vagina
- ☐ I will take my temperature every 4 hours and return to Labor and Delivery if I have a temperature higher than 100.0 F
- ☐ I will check the color of my water (amniotic fluid), if it is anything but clear, has a yellow or greenish color, I will return to Labor and Delivery
- ☐ I will check my baby's movement: (Count the number of kicks you feel. You should feel your baby move at least 5 times in 1 hour. I will come back to labor and delivery if my baby moves less than 5 times in 1 hour.)
- ☐ If labor starts on its own or I notice vaginal bleeding, I will return to Labor and Delivery

My Temperature: recorded every 4 hours from the time I broke my bag of water

| Time | Temperature |
|----------|-------------|
| 4 hours | |
| 8 hours | |
| 12 hours | |
| 16 hours | |
| 20 hours | |
| 24 hours | |

If you have any questions or concerns, you may contact the BMC Labor & Delivery Department 24-hours a day/ 7-days a week at (617) 414-4364.