



What to look for

## when your water breaks

### COLOR

Is the fluid clear or light yellow?  
Is the fluid green, brown, or speckled?\*

### ODOR

Does it lack a smell or smell sweet?  
Is it foul smelling?\*

### AMOUNT

Did you experience a trickle of fluid or a gush?

### TIME

At what time did your water break?

\*Contact your OB or midwife IMMEDIATELY  
if this describes your fluid.

*Blissful  
Birthing*

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