

Spontaneous Release of Membranes

	AMNIOTIC FLUID	URINE	VAGINAL DISCHARGE
COLOR	Usually clear or pink. If brown or green, indicating presence of meconium, your doctor will want you to go to the hospital immediately.	As you have probably noticed, usually yellow.	May be clear, pink, or creamy yellow.
SMELL	Faintly sweet, somewhat organic. Like clean, unpolluted ocean water.	Acrid, like ammonia.	Usually odorless. If it smells foul, may indicate infection.
How	Comes out in any position and in spite of Kegel exercise.	Will not come out if Kegel is held tight. More likely to come out during stress.	Usually comes out upon standing or sitting after lying down.
FREQUENCY	Once the amniotic sac is released, fluid will continue to drip out every few minutes until the baby is born. Regular trickles or gushes are a good indicator of released membranes.	Usually only comes out once, during stress.	Usually only comes out once, most likely in the morning. Small gushes of fluid may also come out after bathing, swimming or sex.