



University
Hospitals Sussex
NHS Foundation Trust

Drinking fluids when you are in early labour at home

Maternity



Patient information

What should I drink when I am in early labour at home?

Drink your usual amount of water and soft drinks when you are thirsty.

Do I need to drink extra fluids?

No, you do not need to drink more than is usual for you.

How does being in labour make it difficult to manage your fluid input and output (how much fluid you drink and how much you wee out)?

Hormones that your body makes when you are in labour can cause your fluid input and output to change.

What might happen if I drink more than I need or more than I wee out?

If you drink more than you need or more than you wee out, your blood can become watered-down (diluted). The levels of some chemicals called salts, including sodium, in your blood can become too low. This is called hyponatraemia.

Be aware

Having hyponatraemia may cause harm to you or your baby's health.

How can I avoid hyponatraemia?

Do:

- Be aware of how much you are drinking and passing urine (going for a wee).
- Drink a usual amount when you are thirsty.

What should I do if I have drunk a normal amount and I have not been able to wee?

Do contact Maternity Triage on [01903 285269](tel:01903285269).

Should I keep a record of how much I am drinking and how often I am going for a wee (passing urine) when I'm in early labour?

Yes. Do keep a record of how much you are drinking and how often you are going for a wee. Show this to your Midwife.

Be aware

It is important not to drink too much or too little.

If you are worried or not sure what is right for you, do contact Maternity Triage [01903 285269](tel:01903285269).

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