



Outpatient Induction Using Prostaglandin

Here is some information for you to take home

Your Doctor has booked an outpatient induction in the Obstetrical Triage Unit. Your Physician will have talked to you about the benefits and risks of induction.

There is a possibility that your induction may be postponed due to unit activity. If this happens, you will be notified and given another time as soon as possible.

When you arrive at the hospital, go directly to the Maternal Infant and Child Unit on the 3rd Floor of the Norman Building. The Triage Nurse will assess you. Your baby's heart rate will be monitored to make sure your baby is healthy.

What is Prostaglandin?

Prostaglandin is a substance that helps to soften the cervix so that labour can progress. Studies show that it works to prepare your cervix for labour when your doctor feels it is necessary to induce labour. Cervidil is a small insert containing prostaglandin that looks like a small flat tampon with a string attached. The string allows for easy removal.

How is it used?

A doctor or nurse will place the insert in the back of your vagina behind your cervix during a vaginal exam. The insert will begin to slowly release the medication. Your baby's heartbeat will be checked and you will stay in the hospital for about 2 hours. If your baby's heart rate is normal and you are not contracting you can go home.

What can I Expect to Happen?

You may feel backache or cramping or have some pink vaginal discharge anytime after the insert has been placed, although it usually takes several hours for anything to happen. Sometimes contractions come too close together. If this happens, the insert may be removed. You may call the Triage Nurse at anytime if you have questions or concerns.

If you go into labour and/or membranes rupture you must return to the hospital.

Return to hospital if:

- Your contractions are every 5 minutes apart, lasting 1 minute, for 1 hour (“511” Rule)
- You experience severe abdominal pain
- Your water breaks
- You are having bright red bleeding that is more than “pink mucous show”
- You think the insert has moved or fallen out
- You have concerns or are unaware of what to do

After Cervidil is inserted:

- You must remain in unit for 2 hours.
- You must remain in bed, lying down.
- Your nurse will monitor you during this time

Caution after Cervidil insertion:

- Do not use Aspirin, Motrin, Ibuprofen
- You may have a bath or shower, eat normally and resume your actual activities
- When toweling off or after going to the bathroom, pat carefully (not wipe) the area around where the insert is in place so you do not accidentally remove it
- If the Cervidil comes out, do not put the insert back in. Call the Hospital – you may be asked to return

What do I do in the morning when I wake up?

You may shower at home in the morning before returning to the hospital. Your nurse would have provided you with instructions for returning to hospital. Please come at your scheduled time to the Maternal Infant Child Unit.

Questions:

Maternal, Infant, Child Program, Ext. 8440
Bluewater Health, Sarnia
89 Norman Street, Sarnia, Ontario N7T 6S3
Telephone: 519-464-4400