You and your doctor have decided upon an induction. The pros and cons of induction should have been reviewed with you by your doctor. Please feel free to ask any questions you may have about this procedure.

You will be contacted by someone from the labor and delivery unit to arrange a time for your induction.

Bring your prenatal sheet and MCP card with you.

The nurse will ask you some questions, check your temperature, pulse and blood pressure and monitor your baby’s heart rate for at least 30 minutes. This is to make sure both you and your baby are healthy before your induction is started.

If the labor and delivery unit is busy when you arrive, you may be asked to wait for your induction to be started. There could be delays at any point in the induction process as the labor and delivery unit can become very busy at any time.

**What is a Cervidil® induction?**

Cervidil® looks like a small flat tampon, complete with a long string for easy removal. It contains a medication called prostaglandin which helps to soften your cervix and prepare it for labor.

**How is it done?**

The doctor will first insert their fingers into your vagina to feel your cervix (neck of your womb) and confirm a prostaglandin induction is appropriate. They will then repeat the exam and place the Cervidil® in the back of your vagina, behind your cervix. Once the Cervidil® is in place it will start to release the medication for the next 24 hours.

**What happens next?**

Once the Cervidil® has been put in place, your nurse will monitor you and your baby’s heart rate for 1 hour. If your baby’s heart rate is normal and you are not in active labor, you will be able to go home.

Please call labor and delivery in 12 hours to discuss with the labor and delivery nurse how you are feeling. If you will be sleeping at this time, please call before you go to sleep or when you awaken.

Return to labor and delivery at 24 hours.

**What will I feel after the Cervidil® is put in?**

Because it usually takes a few hours for anything to happen, you may not feel anything in the beginning. As the medication is released, you may have some backache or cramping. You may also notice you have some pink stained discharge. This is normal after you have had the Cervidil® put in place. Sometimes the Cervidil® will make the contractions come too quickly. If this happens, the Cervidil® needs to be pulled out and then you must return to the hospital.

Outpatient Induction

using Cervidil®

This pamphlet is for information purposes only and does not replace the advice of your healthcare provider.

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*Contact information for all Labour and Delivery units are be found at*

[cwhp.easternhealth.ca/womens-health/labour-and-delivery/](https://cwhp.easternhealth.ca/womens-health/labour-and-delivery/)

**What happens after Cervidil® is inserted?**

The following day you will need to return to labour and delivery where the doctor will remove the Cervidil® and examine your cervix again. If your cervix has not changed or there is little change, they may put in another Cervidil® and you and your baby will be monitored the same as the day before. If everything is normal, you will be able to go home and the labour and delivery nurse will ask you to call in as before. If your cervix has changed, you will be admitted to the labour and delivery unit and your induction will be continued there.

**Following Cervidil® induction, when should I return to labour and delivery?**

* If you are experiencing:
  + Contractions every 5 minutes or less
  + Bright red bleeding
  + Rupture of membranes
  + Signs & symptoms of infection:
    - Temperature 37.5 C or higher
    - Chills
    - Foul smelling vaginal discharge
  + Severe abdominal pain
* If you think the Cervidil® insert has fallen out or moved
* If your baby is not moving as much as usual
* No later than 24 hours for reassessment

If you have any questions or concerns, call labour and delivery.

Labour and delivery phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Other Instructions**

* Do not use Aspirin, Motrin or Advil (ibuprofen)
* When drying off after a bath/shower or after using the bathroom, gently pat yourself dry, going from front to back, so that you do not remove the Cervidil® accidentally. If it falls out, DO NOT put it back in.
* If your contractions are too close together (more than 5 in 10 minutes), call labour and delivery. The nurse may ask you to remove the Cervidil® insert by finding the string of the Cervidil® and pulling it out same way you remove a tampon. You must then present to labour and delivery immediately.