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 labour 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 labour 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 labour and delivery unit can become very busy at any time.

**What is a Foley Catheter for Induction?**

A Foley catheter is a long, thin tube with a balloon on the end. For induction purposes, the Foley catheter is inserted through the cervix (the neck of your womb). The balloon is filled with water and it sits on your cervix. It applies pressure to your cervix to open it.

**How is it done?**

The doctor will first insert their fingers into your vagina to feel your cervix and confirm if a Foley catheter induction is appropriate. You will then be positioned on your back with your feet in stirrups or on foot pedals. They may perform another vaginal exam with their fingers or insert a speculum (like a pap smear) to gently insert the Foley catheter through your cervix. Once the Foley catheter is in the correct position, they will inflate the balloon with water and tape the end of the catheter to your inner thigh.

**What happens next?**

Once the Foley is in place, your nurse will monitor your baby’s heart rate for 30 minutes. If everything is normal, you will be able to walk around for 30 minutes. After this time, if everything is still normal, you will be able to go home.

Please call labour and delivery in 12 hours to discuss with the labour 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 labour and delivery at 24 hours.

**What will I feel after the Foley catheter is put in?**

Because it usually takes a few hours for anything to happen, you may not feel anything in the beginning. You may start to experience backache and cramping. You may also notice you have some pink stained discharge. This is normal after you have had a Foley Catheter put in place.

Outpatient Induction using

Foley Catheter

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

Developed and Approved by Children & Women’s Health Program. Adapted from The Ottawa Hospital (2018). ©Eastern Health October 2022.

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

<https://cwhp.easternhealth.ca/womens-health/labour-and-delivery/>

**What happens after the Foley catheter is inserted?**

The following day you will need to return to labor and delivery where the doctor will remove the Foley catheter and examine your cervix again. If your cervix has not changed or there is little change they may proceed with other forms of induction.

**Following Foley catheter induction, when should I return to labor 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 Foley catheter balloon has burst or the entire catheter has fallen out
* If your baby is not moving as much as usual
* No later than 24 hours for reassessment and further planning of your induction.

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

Labor and delivery phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Other Instructions**

* Do not use Aspirin, Motrin or Advil (ibuprofen)
* When drying off after a bath or shower or after using the bathroom, gently pat yourself dry, going from front to back, so that you do not remove or dislodge the Foley catheter. If it falls out, DO NOT put it back in.