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 in the labor and delivery unit to arrange a time for your induction.

Bring your prenatal sheet and MCP card with you.

A 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 prostaglandin induction?**

Prostin® is a gel that goes into your vagina, near your cervix (the neck of your womb) and Prepidil® is a gel that goes into your cervix. It contains a medication called prostaglandin which helps to soften your cervix and prepare it for labor. The doctor will decide which prostaglandin gel is best for you.

**How is it done?**

The doctor will first insert their fingers into your vagina to feel your cervix and confirm a prostaglandin induction is appropriate. They will then repeat the exam and place the Prostin® in the back of your vagina (behind your cervix) or place the Prepidil® in the cervix. Once the prostaglandin is in place, it will start to release the medication for the next 12 hours.

**What happens next?**

Once the prostaglandin has been put in place, your nurse will monitor your baby’s heart rate and you 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 6 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.

Please return to labor and delivery in 12 hours.

**What will I feel after the prostaglandin 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 prostaglandin gel put in place. Sometimes the prostaglandin will make the contractions come too quickly. If this happens, you need to return to the labor and delivery unit.

Outpatient Induction using Prostaglandin gel: Prostin® or Prepidil®

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 my first dose of prostaglandin gel?**

You will come to labour and delivery in 12 hours. Once you return to the hospital, the doctor will examine your cervix again. If your cervix has not changed or there is little change, they will put in another dose of prostaglandin gel and you and your baby will be monitored the same way 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 labour and delivery and your induction will be continued there.

**What happens after my second dose of prostaglandin?**

After the second dose of prostaglandin, you will follow the same as your first dose as listed above.

**Following prostaglandin insertion, when should I return to labour and delivery?**

* If you are experiencing:
  + Contractions every 5 minutes or less
  + Bright red vaginal bleeding
  + Rupture of membranes
  + Signs & symptoms of infection:
    - Temperature 37.5 C° or higher
    - Chills
    - Foul smelling vaginal discharge
  + Severe abdominal pain
* If your baby is not moving as much as usual
* At 12 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)