

Induction of Labour and Cervical Ripening with Dinoprostone Vaginal Insert (Cervidil®)

What is Cervidil®?

Cervidil® is a thin, flat insert, similar to a tampon. It contains medication called dinoprostone. Dinoprostone is like a natural substance made by women's bodies. It softens the cervix to get it ready for labour.

Cervidil® is inserted into the vagina and can stay in for up to 24 hours. The dinoprostone is released slowly during this time. Your labour may start at any point after the Cervidil® has been inserted. Your doctor or midwife will talk with you about whether Cervidil® for cervical ripening is right for you to induce your labour.

When your labour contractions are regular, the Cervidil® may fall out or can be easily taken out by pulling on the long attached string. Your doctor or midwife will explain more about what to do as labour progresses.

What should I expect when I get Cervidil®?

- A doctor or midwife will talk with you before the Cervidil® is inserted. Your blood pressure, temperature, pulse and breathing will be checked. You may have blood work done. Your baby's heart rate will be monitored for 30 minutes to make sure it is normal.
- Cervidil® has to be stored in the freezer, so it will be cold when it is inserted into your vagina. You will see and feel a long, thin string coming out of your vagina. The string will be used to take out the Cervidil® unless it falls out on its own.
- After insertion of Cervidil®, your baby's heart rate and any contractions will be monitored for at least 1 hour. After 1 hour, as long as you and your baby are fine and you are not in active labour, you will be able to go home. At home you can do your daily activities, eat regular meals and shower. Remember to rest!
- You must have reliable transportation to return to the hospital, as well as access to a phone to contact the Maternal/Child Unit doctor or midwife if needed.
- If the Cervidil® falls out, call the Maternal/Child Unit for further instructions. Sometimes the Cervidil® needs to be repeated if the cervix is still not ready.

What are the possible complications of Cervidil®?

A small number of women using Cervidil® will have fever, nausea, vomiting or diarrhea. Some women (1-2%) may have excessive (a high number) of contractions. These may or may not stress your baby.

When should I call or return to the hospital?

Call the Maternal/Child Unit if:

- The Cervidil® falls out.
- You have concerns and are not sure what to do.

Return to the hospital if:

- It has been 24 hours since insertion or it is your planned time to return.
- You have regular contractions 5 minutes or less apart.
- You have vaginal bleeding (like a period).
- You think your water has broken.
- You feel your baby's movements have changed (either more or less).

Pull the Cervidil® insert out and return to the hospital if:

- You have more than 5 contractions in 10 minutes.
- You have contractions lasting longer than 120 seconds (2 minutes) from start to finish.
- You have a fever, pain in your chest, or trouble breathing (wheezing).

Maternal/Child Unit phone number: _____

Feel free to call as needed.

Your return appointment:

Date: _____ Time: _____

**What are your questions? Please ask.
We are here to help you.**