

Cervical Ripening with Dinoprostone Vaginal Gel (Prostin®)

What is Prostin®?

Prostin® is a gel. It contains the medication dinoprostone (prostaglandin E2). Dinoprostone PGE2 (or Prostin®) is like a natural substance made by women's bodies. It softens the cervix to get it ready for labour.

Prostin® is placed in the upper vagina. It is active for 6 hours and cannot be taken out.

After the medication is inserted, your labour may start. Sometimes the medication needs to be repeated if it does not help the cervix get completely ready the first time. It may be repeated several times before the cervix is ready.

Your doctor or midwife will talk with you about whether Prostin® for cervical ripening and induction of labour is right for you.

What should I expect when I get Prostin®?

- A doctor or midwife will talk with you before the Prostin® is given. 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.
- After insertion of Prostin®, 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 may be able to go home. Your doctor or midwife will tell you whether you can go home. While in hospital or at home, you can do your daily activities, eat regular meals and shower. Remember to rest!
- If you go home, you must have reliable transportation to return to the hospital, and access to a phone to contact the Maternal/Child Unit doctor or midwife if needed.

What are the possible complications of Prostin®?

A small number of women using Prostin® 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. If many doses of Prostin® are used, women often develop vaginal soreness.

If I go home, when should I call or return to the hospital?

Call the Maternal/Child Unit if:

- You have concerns and are not sure what to do.

Return to the hospital if:

- You have regular contractions 5 minutes or less apart.
- 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 vaginal bleeding (like a period).
- You think your water has broken.
- You feel your baby's movements have changed (either more or less).
- You have a fever, pains in your chest, or trouble breathing (wheezing).

Maternal/Child Unit phone number: _____

Feel free to call as needed.

Your return appointment (if you go home):

Date: _____ Time: _____

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