

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

What is Cervidil®?

- Cervidil® is a thin, flat insert, like a tampon. It contains medication called dinoprostone. Dinoprostone is like a natural substance made by your body. It softens your cervix to get it ready for labour. The cervix is the lower part of the uterus (womb) that opens at the top of the vagina.
- Cervidil® is inserted (put in) into your vagina and can stay in for up to 24 hours (1 day). Dinoprostone is released slowly during this time. Your labour may start at any time after the Cervidil® is inserted. Your doctor or midwife will talk with you about whether Cervidil® is right for you.
- When your labour contractions are regular, the Cervidil® may fall out or you can easily take it out by pulling on the long attached string. Your doctor or midwife will talk with you about what to do as labour progresses.

What should I expect when I get Cervidil®?

- Your doctor or midwife will talk with you before Cervidil® is put in. 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. You will see and feel a long, thin string coming out of your vagina. The string is used to take out the Cervidil® (unless it falls out on its own).
- After the Cervidil® is inserted, your baby's heart rate and any contractions will be monitored for at least 1 hour. After 1 hour, if you and your baby are well and not in active labour, your health care team may decide you are OK to go home. At home you can do your daily activities, eat regular meals, and shower.
Remember to rest.
- You must have reliable transportation (a safe and trusted way) to get back to the hospital. You must also have a way to call the Women and Children's Health Unit doctor or midwife, if needed.
- If the Cervidil® falls out, call the Women and Children's Health Unit for instructions. Cervidil® may need to be repeated if your cervix is still not ready.

What are the possible complications of Cervidil®?

A small number of people using Cervidil® will have fever, nausea (feeling sick to your stomach), vomiting (throwing up), or diarrhea (loose, watery poop). Some people (1 to 2%) may have a lot of contractions. Call the Women and Children's Health Unit if you have any of these complications. These complications may or may not affect your baby.

When should I call or return to the hospital?

Call the Women and Children's Health 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 (1 day) since insertion or it is your scheduled time to return.
- › you have regular contractions 5 minutes apart or less.
- › 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 Cervidil® 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).

Your return appointment:

Date: _____ Time: _____

Women and Children's Health Unit phone number: _____

Feel free to call as needed.