

## Cervical Ripening with Dinoprostone Vaginal Gel (Prostin®)

Preparing the cervix for labour is called cervical ripening. The cervix is the lower part of the uterus (womb) that opens at the top of the vagina.

### What is Prostin®?

- Prostin® is a gel. It contains medication called dinoprostone (prostaglandin E2). Dinoprostone PGE2 is like a natural substance made by your body. It softens the cervix to get it ready for labour. Prostin® is the brand name of this medication.
- Prostin® is inserted (put in) the upper vagina. It works for 6 hours and cannot be taken out.
- After the Prostin® is inserted, your labour may start at any time. You may need to have the Prostin® inserted again if the medication does not work the first time. You may need to have it several times before your cervix is ready.
- Your doctor or midwife will talk with you about whether Prostin® is right for you.

### What should I expect when I get Prostin®?

- Your doctor or midwife will talk with you before you get Prostin®. 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 the Prostin® is inserted, we will monitor your baby's heart rate and any contractions for at least 1 hour. After that time, if you and your baby are well and you are not in active labour, your health care team may decide you are OK to go home. While in the hospital or 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.

## What are the possible complications of Prostin®?

A small number of people using Prostin® will have fever, nausea (feeling sick to your stomach), vomiting (throwing up), or diarrhea (loose, water poop). Some people (1 to 2%) may have excessive (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.

If you get Prostin® many times, you may develop vaginal soreness.

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

### Call the Women and Children's Health Unit if:

- › you have concerns and are not sure what to do.

### Return to the hospital if:

- › you have regular contractions 5 minutes apart or less.
- › 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).

### Your return appointment (if you go home):

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Women and Children's Health Unit phone number: \_\_\_\_\_

Feel free to call as needed.

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