What happens when it starts to work?
You may feel cramping any time after the insert has been given. It usually takes several hours for any changes to happen.

Return to the Maternity Centre RIGHT AWAY if:
- You think you are having contractions (cramps or pressure) or you think you are in labour,
- You see bleeding,
- Your water breaks,
- Your baby is not moving as often as s/he normally does,
- You have pain that does not go away.

If your contractions are more often than every 3 minutes or they feel as though they are always there, pull out the Cervidil, save it, and come to the hospital immediately.

If nothing happens, call the Maternity Centre to arrange for a reassessment after 24 hours.

What can I do at home?
You may take a shower, eat, and do what you normally do until labour starts.

What happens if I do not go into labour?
Sometimes you will have uncomfortable cramps with little change to your cervix. The nurse or doctor will re-check your cervix and ask you questions about your contractions. Depending on the results of the examination, decisions will be made about:
- Whether or not you will need another dose of the medication;
- Whether or not it would be beneficial to break your water to stimulate more labour;
- Whether or not to start you on an Oxytocin induction to stimulate more labour;
- Whether or not to send you home and return another day for a repeat induction.

If you have any questions, please do not hesitate to ask:
- Your doctor
- Fetal Monitoring Nurse 604-682-2344 Local 62434
- Maternity Centre Nurse when Fetal Monitoring Nurse is not available (604) 682-2344 Local 62432.

Cervidil (Prostaglandin)
Induction of Labour

Information for Patients

Patient’s Name

Family Doctor/Midwife

Obstetrician

Date of Induction

Prepared by: Mary Radmanovic and Faith Kuboniwa - St. Paul’s Hospital
What is Cervidil Vaginal Insert?
Cervidil is a thin, flat vaginal wafer (about 2 cm x 1.5 cm) containing Prostaglandin. It allows a steady release of the Prostaglandin medication over 12-24 hours. The long tape attached to it makes it easy to remove or take out when labour contractions are regular or if problems occur. Prostaglandin is a medication used to induce labour and/or prepare your cervix for labour. This artificial hormone is similar to the one your body normally produces to cause labour to start. When there is a need to induce your labour and it is near the time your baby is due, Cervidil can stimulate labour that is like normal labour. Cervidil causes your uterus to contract and softens your cervix. Labour may start after the medication is inserted. Sometimes it is necessary to use more than one dose of medication.

Are there any side effects of Cervidil?
- Nausea, vomiting, and diarrhea may occur, but these are not common effects and usually resolve without problems.
- Occasionally, strong and long contractions occur. If this should happen to you, you may be turned onto your other side, you may be given oxygen, an intravenous may be started and your baby will be watched very closely. It may be necessary to take out the Cervidil and give you a medication to help your uterus to relax. In rare situations, these very strong contractions and changes in your baby’s heart rate may indicate need for an emergency caesarean section.
- Some women feel an irritating sensation when the insert has been in for several hours.

Is there anything I should do to prepare for my induction?
Please have a good meal at home before coming to the hospital.

What do I need to bring to the hospital?

OUTPATIENT INDUCTION:
- Most Cervidil Inductions are done as outpatients. You do not need to bring anything with you.

INPATIENT INDUCTION:
- If your doctor tells you that you will be admitted (stay in hospital) for your induction, you should bring only what you need for labour, such as your own housecoat, slippers, and toiletries.

Please do not bring any valuables to the hospital.

Where do I go on the day of Induction?
Please come to the main desk in the Maternity Centre, 3rd floor, Providence Building.

Your partner or other support person is welcome and encouraged to come and be with you.

What happens once I am there?
- The nurse will review with you the reason(s) for your induction of labour and clarify any concerns. She will briefly ask you questions about your pregnancy and general health.
- Your blood pressure, pulse, and temperature will be taken.
- Your baby’s heart rate pattern will be checked with an electronic fetal monitor.
- Your obstetrician/doctor will be informed that you have arrived.

FOLLOWING THIS,
- A vaginal examination will be done to check your cervix and the baby’s position. The Cervidil will be inserted at the back of the vagina. This may be a little uncomfortable. Two to three inches of the string will remain outside of your vagina so that the insert may be pulled out after active labour has started, or 24 hours has passed, or there is a problem.

AFTER THE CERVIDIL IS INSERTED,
- It takes about 30-40 minutes for the insert to swell.
- You will remain in bed for an hour. During this time, your baby and your contractions will be monitored. This gives us time to assess yours and your baby’s response to the medication. You will not be able to eat or drink while this is done.

If all is well, after about an hour, the monitoring will be stopped, you may have a snack, and may walk around. You will be discharged from the hospital until labour starts or be asked to return at a specific time.