



Cervical Ripening or Induction of Labour



Your care provider has booked you at the hospital for an induction of labour. This means that you may have to come into the hospital the day before your induction to have a cervical ripening agent inserted to soften (or ripen) your cervix to prepare you for the labour process.

What to expect for your induction:

If the Birthing Centre is busy, your induction may be postponed or rescheduled to accommodate urgent patients. If this is the case, a Birthing Centre Nurse will call you at approximately 6:30 a.m. on the day of your scheduled induction to advise you of this change.

What to expect if you require cervical ripening:

- Nursing staff from the Birthing Centre will call you after 5:00 p.m. the day before your scheduled induction. You will be asked to come to the hospital around 8:00 p.m. to have the cervical ripening agent inserted.
- Your baby's heartbeat will be monitored.
- Following the procedure, you will be required to remain in the hospital for observation. The length of time will depend on the type of cervical ripening agent used:
 - Prostin – one (1) hour
 - Cervidil – two (2) hours
 - Foley Catheter – twenty (20) minutes
- If your baby's heart rate is normal, you will be given discharge instructions and be sent home for the night.

Following insertion, it is normal for you to feel a variety of symptoms. However, you should return to the hospital to be assessed if you have any of the following symptoms:

- Bleeding similar to a heavy period
- Your water breaks
- Frequent painful contractions
- No break between contractions
- Fever (temperature greater than 37.5°C)
- You do not feel your baby moving as usual

If you have any questions, please call the Birthing Centre at 705-675-4731.