



## Outpatient Induction of Labour Patient Information Leaflet

Induction of labour is the process of starting labour artificially. We can offer induction of labour either in hospital or for part of the process as an outpatient. Outpatient induction of labour will be offered to you if you are healthy, have had an uncomplicated pregnancy and are over your due date by 12 days.

### What are the Benefits of Outpatient Induction of Labour?

- A reduction in the time you spend in hospital before you give birth
- Makes the process of Induction of labour feel more normal
- Allows you to spend more time in your home environment with your family

### You will be offered Outpatient Induction of Labour if:

- You have an uncomplicated pregnancy requiring induction for prevention of prolonged pregnancy (Due date + 12 days onwards)
- You have an uncomplicated previous birthing history
- You have had no more than three previous births
- You have transport available and live within 30 minutes of the birth unit
- You have access to a telephone
- You have had a full examination and are suitable for induction
- You have had a reassuring heart monitoring of your baby

### What will happen on the day?

- You will be asked to attend ward 19 in Singleton hospital
- A full antenatal assessment will be carried out, including a 30 minute electronic heart monitoring of your baby and an internal examination to assess your cervix
- If suitable the induction medicine, called Propess, will be inserted into the vagina. Propess is like a small flat tampon containing prostaglandin, which is used to encourage the cervix to soften ready for labour to start. Propess remains inside for up to 24 hours and has a string which is used during removal. The Propess string will lie inside the vagina and it is very important that you take care when wiping yourself after going to the toilet or when washing, so that you do not pull or drag on it
- Once the propess has been inserted you can then return home.
- A midwife will contact you at home to provide a verbal assessment with an opportunity for any questions. The timing of this call will depend on what time your process was inserted, if it was before 1800, you will be called the same evening ,If it was after 1800 you will be called the following morning. If you have any concerns outside of this we encourage you to contact ward 19 where a midwife will be available to answer any queries or concerns.

## **What happens when I go home?**

The Propess you have been given acts to prepare the cervix. This means that the cervix, softens, shortens and begins to open. You will commonly feel a period type pain while this is happening and you may be aware of your womb tightening and relaxing intermittently. It is ok to stay at home if you have tightening. You can take a warm bath and keep mobile, which will help you to relax. Where you experience contractions which are 5 minutes or less, lasting at least 45 seconds please contact ward 19 to discuss with a midwife. If you return to the ward because you think you are in labour the midwife will assess you this will include a repeat 20 minute continuous monitoring of your baby's heartbeat. Where this is all normal and you are in active labour you will be offered the opportunity to birth in The Bay Birth Unit (Alongside Midwifery Led Unit).

## **Please contact the hospital immediately if you experience any of the following:**

- You think your waters have broken
- You have regular and painful contractions and think you may be in labour
- You have constant pain
- You are worried and don't feel that you are coping at home
- You have any fresh bleeding vaginally
- Your baby's movements are reduced
- The Propess falls out or drops low into the vagina

## **Are there any side effects?**

Propess can occasionally produce some side effects which are usually mild and include nausea, vomiting, dizziness or rarely palpitations and fever. If any of these occur to a distressing level you should telephone the hospital. There is a very rare chance that you may be very sensitive to Propess and start contracting very frequently and strongly:

- More than 4 contractions in 10 minutes
- A run of contractions each lasting 2 minutes
- Severe abdominal pain

**If this happens you must telephone the hospital and attend the unit immediately. If possible you should also remove the Propess by pulling on the string, as you would when removing a tampon. Please bring the Propess to the hospital for your midwife to check.**

### **Singleton Hospital**

Ward 19 - 01792 285405 (24 hour)

24 hour emergency contact – 01792 530862