

## Patient information

# Induction of labour with Dilapan-S®

## Why am I being induced?

There are different clinical reasons why induction of labour may be recommended. In general, it is usually because it is considered safer for your baby to be born in the next few days, than to continue the pregnancy for longer. Your midwife and doctor may recommend Dilapan-S® as the safest way for your labour to be induced depending on your circumstances.

One of the benefits of this method is that you can stay at home for longer. It is essential that you have a responsible adult over the age of 18 years who can accompany you to the hospital car park, stay with you at home and drive you to and from the hospital. This will apply when you are having Dilapan-S® inserted, when you go home to wait for it to take effect, and when you then come back to the hospital. It is also important that you have a private home or mobile phone so that your midwives can keep in touch with you.

## How does Dilapan-S® work?

Dilapan-S® is a slim rod made of a synthetic firm gel. Usually 3 - 5 rods are gently inserted together into the cervix and absorb the fluid from the surrounding tissue. Each thin rod will gently expand up to 14 mm over 12 hours. When the rods grow, they dilate and soften the cervix to help prepare you for labour.

Cervical ripening with Dilapan-S® is very safe for you and your baby. It is a non-hormonal method for inducing labour. It combines efficacy, safety and patient satisfaction and because it has no drug or hormones in it, it can be used safely even if you have other medical conditions. It is less likely that you will have strong uterine contractions whilst your cervix is ripening, which makes this early part of induction of labour safer and more comfortable for you and your baby.

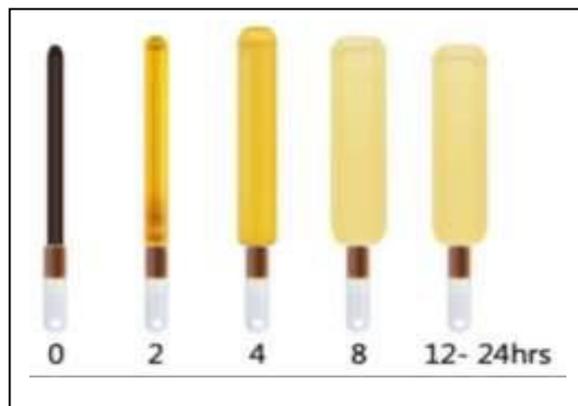
Your doctor or midwife will provide you with information on both methods of Induction and you will be given enough time to make a considered informed choice before

proceeding.

This is what Dilapan-S® rods look over 12 hours. They grow very gradually, gently stretching and opening your cervix.

You will be contacted by a member of the maternity staff to come into hospital at a specified time and place on your day of induction.

Your midwife will check you and your baby, and your baby's heart beat will be monitored using a cardiotocograph (CTG).



You will lie down and have a speculum examination so that your cervix can be seen. Then a doctor or midwife will insert the Dilapan-S® rods. It will take approximately 5 – 10 minutes. The procedure can be a bit uncomfortable, but generally it is well tolerated by most women.

Your baby's heartbeat will be monitored for about 30 minutes after the rods are inserted. A small amount of bleeding might occur during or after insertion because the tissue is delicate, but this is common and should not be a concern.

You will then be able to go home if all is well. You will be contacted by a member of staff after 12 hours but before end of 24 hours from insertion of the rods, and informed of a specific time to come to Labour Suite for removal of the rods. You will then stay with us to continue your induction of labour.

## At home

You can go to the toilet and perform your daily activities as normal. This is encouraged as being mobile helps prepare you for labour.

You cannot have a bath, but showering is fine. Do not use a vaginal douche.

It is NOT safe to have sexual intercourse while the rods are in position. Do not try to remove the rods yourself under any circumstances.

It's also good to try and get some sleep and rest as this also helps prepare for your labour ahead.

## When to call the Labour Suite

- Excessive or persistent bleeding
- Pain
- Rupture of the membranes (leaking fluid)
- If the Dilapan-S® rods fall out
- Reduced fetal movements
- If you develop a temperature or a new persistent cough
- Any other concerns, at any time of the day or night

## Returning to have the rods removed

The rods can be left in position for a maximum of 24 hours. When you return to the Labour Suite, your midwife will check your vital signs and monitor the baby's heartbeat again. You will then have an examination to gently remove the rods and feel your cervix to see how much it has opened.

If your waters (membranes) haven't already broken they will be broken artificially when the rods are removed. The membranes are difficult for us to break until your cervix is 2 – 3 cm dilated, so in some cases, your doctor or midwife may recommend inserting a new set of rods for another 24 hours.

When the timing is right, you will have an intravenous cannula inserted so that you can be started on a hormone drip (Oxytocin infusion). This helps your contractions to gradually build up until you are in active labour.

Your midwife will help to guide you through your choices regarding pain relief options in labour.

If you have any questions, please speak to your Midwife or contact Labour Suite, or find more information here: <https://www.dilapan.com/>



*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*

