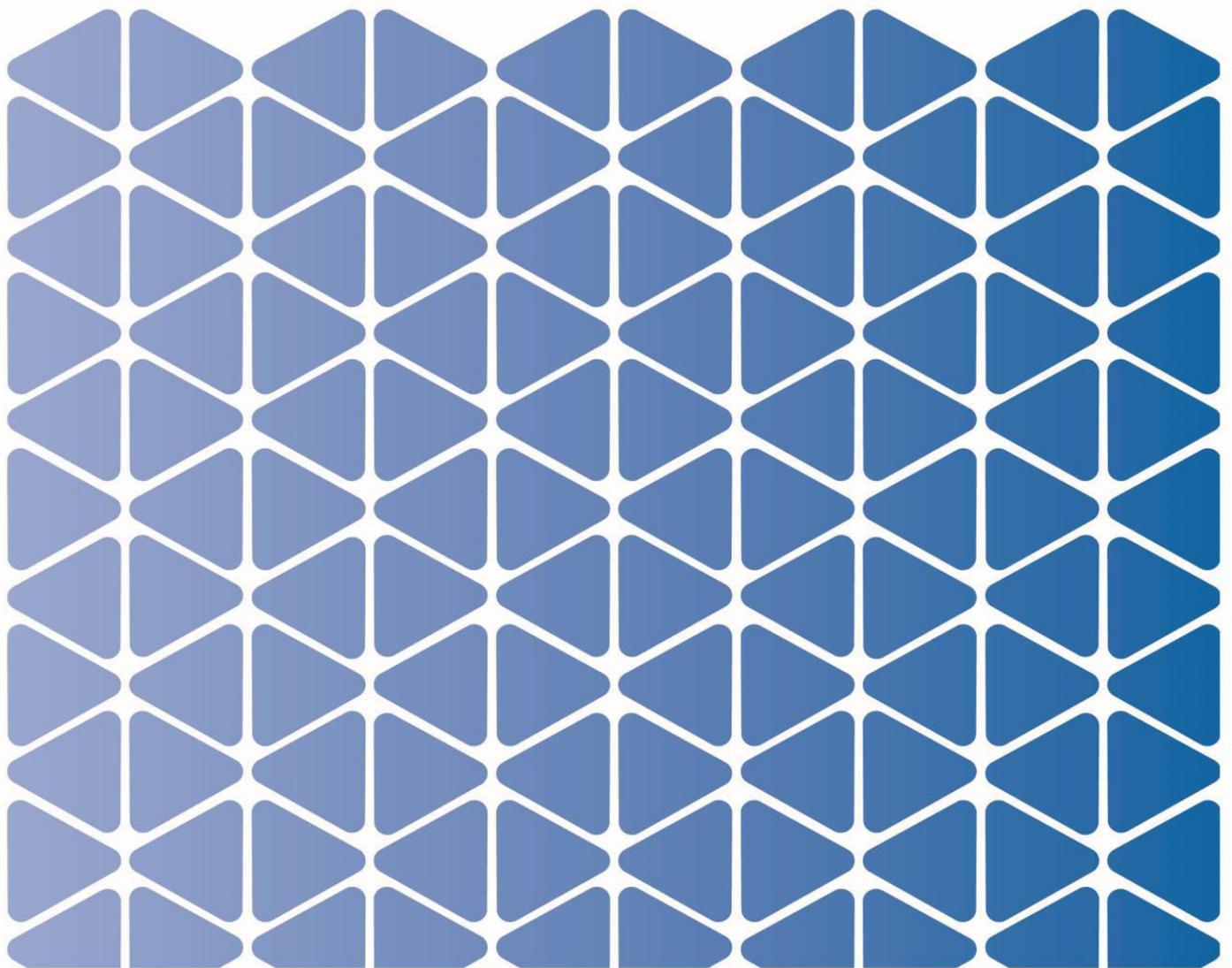




PATIENT INFORMATION

Outpatient Induction of Labour



Why have an outpatient induction of labour (IOL)?

- Going home during the first stage of the induction reduces the amount of time you will need to stay in hospital before your labour begins
- Allows your birth partner to remain with you throughout the induction process
- Makes the process of induction feel more 'normal' as most ladies who have spontaneous labour are at home for the early part of it

You may be offered an outpatient IOL if:

- Your pregnancy is considered 'low-risk'
- You have gone past your due date
- Your baby is well grown and all tests are normal
- This is your first full-term pregnancy
- You have no relevant medical or obstetric problems
- You have not had any uterine surgery
- You have had no bleeding after 20 weeks of pregnancy
- You have a telephone
- You have understood the information and can communicate well in English
- You have an adult who will be with you at all times
- You have transport to get you to the hospital within 30 mins

Please note that situations and change at any stage and you might be advised to stay in hospital if any problems arise during the process.

What to expect on the day of induction

Whenever you attend the hospital, please remember to bring your hospital notes and an overnight bag in case you do need to stay. Be prepared to spend about 2 hours at the hospital. The midwife looking after you will answer any questions you have and assess you and your baby's well-being. This will include checking your blood pressure, a urine sample and a baby's heart rate. The midwife will then do a vaginal examination. If it is appropriate to do so, a Propess pessary will be placed in your vagina. This will stay there for 24 hours.

A Propess pessary feels similar to having a very small flat tampon inserted into the vagina. There is a string for ease of removal which will sit just inside your lower vagina. It will swell a little to stay in place. You will then be asked to lie down for about half an hour before a final check. Providing all is well, you will then be able to go home.



What should I be doing at home?

- Be mobile - Being as upright and as active as possible will encourage your labour to commence
- Eat and drink as normal
- Bath or shower as normal but avoid excessive use of soap
- Take care when washing/undressing/wiping not to dislodge the Propess if the string is just outside the vagina
- We recommend avoiding sexual intercourse
- Monitor your baby's movements
- Take Paracetamol if you require
- Use a TENS machine if you would like, as you mobilise or rest

What are the possible side effects ?

There can be some side effects with Propess. They are usually mild and do not affect all women:

- Abdominal discomfort
- Nausea and vomiting
- Diarrhoea
- Vaginal swelling, discomfort or irritation
- Palpitations

If any of these occur to a distressing level, or you are unsure of what you are experiencing, you should phone the hospital. There is a very rare chance that you may be very sensitive to Propess and start contracting very frequently and strongly. If you have more than 5 contractions in 10 minutes, contractions lasting longer than 2 minutes, bleeding or severe abdominal pain you must phone the hospital and will be asked come in for a full assessment.

When should I contact the hospital?

Please contact us on 01905if:

- You have regular painful contractions
- You require stronger pain relief
- You have any vaginal bleeding
- You think your waters have broken
- You are concerned about your baby's movements
- You have strong contractions lasting >2 mins or more than 5 in 10 minutes
- You have constant pain
- You feel unwell in yourself or have difficulty breathing
- You are experiencing side effects to Propess that concern you
- The Propess falls out – please bring it in a clean plastic bag
- You have any other concerns

What next:

We will contact you 12 hours after the insertion of Propess. Please ensure you have access to the telephone that we will ring, it is fully charged and you have reception. Be aware that a hospital call will come up as blocked, withheld or unknown.

Your agreed telephone review time is

**If you have not been contacted within 2 hours of this time please ring 01905
.....**

What happens if labour does not start within 24 hours of the pessary being inserted?

If your labour has not started within 24 hours of having Propess you will be invited back to the maternity unit. A time will have been agreed with you at the start of the induction process. The midwife will assess you and your baby's wellbeing. The midwife or doctor will also ask to perform an internal examination to remove the Propess and to assess your cervix. If your cervix is not ready the midwife or doctor will discuss further treatment with you. A second pessary might be inserted. You will now stay in hospital until your baby is born.

Patient Experience

Being admitted to hospital can be a worrying and unsettling time. If you have any concerns or questions you should speak to a member of staff in the ward or department who will do their best to reassure you. If you are not happy with their response, you can ask to speak to someone in charge.

Patient Advice and Liaison Service (PALS)

Our PALS staff will provide advice and can liaise with staff on your behalf if you feel you are unable to do so. They will also advise you what to do if your concerns have not been addressed. If you wish to discuss making a formal complaint PALS can provide information on how to do this. Telephone: 0300 123 1732. Monday to Thursday 8.30am to 4.30pm. Friday 8.30am to 4pm. An answerphone operates outside office hours. Or email us at: wah-tr.PET@nhs.net

Feedback

Feedback helps us highlight good practice and where we need to improve. There are lots of ways you can give feedback including completing a Friends and Family Test card or undertaking a survey. For further information please speak to a member of staff, see our Patient Experience leaflet or visit

www.worcsacute.nhs.uk/contact-us

If you would like this leaflet in an alternative language or format, such as audio or braille, please ask a member of staff.

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszej ulotki w innej wersji językowej lub formacie, prosimy zwrócić się w tej sprawie do członka naszego personelu.

Bengali

আপনি যদি এই লিফলেটটি অন্য ভাষায় বা ফর্ম্যাটে পেতে চান যেমন, অডিও বা ব্রেইল তাহলে অনুগ্রহ করে সদস্য বা কর্মীদেরকে তা জানান।

Urdu

اگر اس کتابچہ کو آپ کسی متبادل زبان یا ہیئت جیسے آڈیو یا بریل میں چاہتے ہیں، تو برائے کرم اسٹاف رکن سے مانگیں۔

Romanian

Pentru a obține această broșură în altă limbă sau în alt format fie audio sau limbajul Braille, vă rugăm să apelați la un membru al personalului.

Portuguese

Caso deseje este folheto numa língua ou formato alternativos, tal como ficheiro áudio ou em Braille, por favor dirija-se a um dos nossos funcionários.

Chinese(Mandarin)

如果您想要本手册的替代语言或格式的版本，如音频或盲文，请向工作人员咨询