



**Department of Obstetric, Gynecology and Newborn Care
Obstetrical Assessment Unit (OAU or Triage)
Outpatient Induction Post Insertion Information Sheet**

You have received a Foley catheter for your induction:

We will make sure you and your baby are well and then you may go home. While you are at home, you may move around, eat and do your usual activities including taking a shower or bath. Tug gently on the catheter every time you go to the bathroom.

Call Triage by 12 hours after you have gone home to let the nurse know how you are. She will answer any questions you may have. If you want to sleep before the call-in time, phone the nurse before you go to sleep. You may also call Triage at any other time.

You will return to Triage in 24 hours or when the catheter falls out, whichever comes first. If the catheter falls out in the middle of the night, return to Triage in the morning unless you have any concerns.

Call Triage by 12 hours at ____: ____

Return to Triage: _____ at ____: ____

You have received Cervidil or Prostin Gel:

We will make sure you and your baby are well and then you may go home. While you are at home, you may move around, eat and do your usual activities including taking a shower or bath.

Call Triage by 6 hours and again by 12 hours after you have gone home to let the nurse know how you are. She will answer any questions you may have. If you want to sleep before the call-in time, phone the nurse before you go to sleep. You may also call Triage at any other time.

First Dose: After your first dose of Cervidil / Prostin Gel

Call Triage by 6 hours at ____: ____ and by 12 hours at ____: ____

If you do not go into labour, you will return to Triage, 24 hours after your first dose.

Return to Triage: _____ at ____: ____

When you return to Triage your cervix will be checked again. If there is no change, your care provider may insert another Cervidil or Prostin Gel. If this is necessary, the above steps will be repeated. Your care provider may suggest using a Foley catheter instead (see options pg 2).

Second Dose: After your second dose of Cervidil / Prostin Gel

Call Triage by 6 hours at ____: ____ and by 12 hours at ____: ____

If you do not go into labour, you will return to Triage, 24 hours after your second dose.

Return to Triage: _____ at ____: ____

When you return to Triage your cervix will be checked again. If it has not changed, your care provider will discuss some options with you. See the options below.

OPTIONS:

- Repeating your method of induction or changing to another method. These include Foley catheter, Cervidil or Prostin Gel.
- Going home to wait for a call to come for admission to the Birthing Unit (BU) for induction of labour using different medications (oxytocin or misoprostol).
- Admission directly into the BU for immediate induction of labour using different medications (oxytocin or misoprostol) and/or rupturing your membranes (bag of water around the baby).
- Admission to the Antepartum Unit on A4 or 8E to wait for induction.

The important thing is not to feel discouraged. Sometimes it can take many different methods to get the body into labour.

CAUTIONS:

- **Do NOT** take Aspirin, Motrin, Ibuprofen, or Advil
- If you have cervidil in place and go to the bathroom or have a shower, carefully pat (no wiping) the area so you do not remove it. If the Cervidil comes out, **do NOT** put it back in. Call the Triage nurse.

CALL Triage when/if:

- Your contractions are every 5 minutes or less
- You experience severe abdominal pain
- Your water breaks
- You have bright red bleeding that is more than “pink mucous show”
- You are feeling pelvic or vaginal pressure
- You think the Cervidil or Foley catheter has moved or fallen out
- Your baby is not moving as much
- You have questions, concerns or are unsure what to do

Cervidil: If your contractions are too close together the Triage nurse may ask you to remove the Cervidil. It has a string (like a tampon). It can be easily removed by putting your finger at or into your vagina to feel for the string and then pulling it out like a tampon.

**There is always a nurse in the Triage Unit.
If you have any questions or concerns, please call.**

Civic: 613-761-5112

General: 613-737-8012

Comments or questions for Birthing Unit staff: