

Cervical ripening with Dilapan-S prior to Induction of Labour

Patient Information Leaflet

1. Why am I being induced?

You have made the informed decision with your doctor or a midwife to deliver your baby. This is because we feel that leaving the baby inside your womb is more risky than delivering your baby.

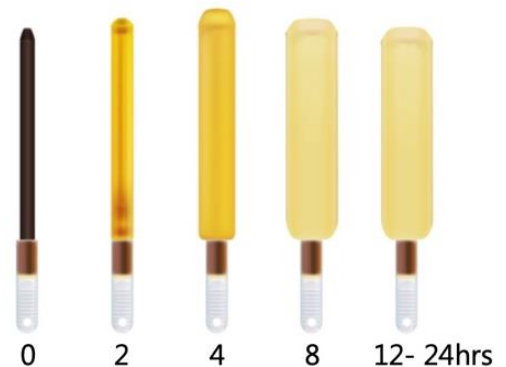
2. What needs to occur prior to labour induction?

We will examine your cervix to determine if it is ready for vaginal birth. If your cervix is not ready (not dilated enough), we will use DILAPAN-S[®] or prostaglandin hormones (pessary or gel) to help you dilate.

Cervical ripening with DILAPAN-S[®] is very safe for you and your baby. DILAPAN-S[®] is the **non-hormonal method** for inducing you. It combines efficacy, safety and patient satisfaction. It is very unlikely that you will have strong uterine contractions with DILAPAN-S[®], which is also safer for your baby.

3. 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.



This is how Dilapan rods look over 12 hours. They grow very gradually.

4. Why can't I just be started on an oxytocin infusion to get my contractions going?

We can't start you on an oxytocin infusion (the drug which helps you contract) until your water has broken. Hopefully, after inserting DILAPAN-S[®] your water will break on its own, or we will break it. The membranes are difficult for us to break until your cervix is 2-3 cm dilated.



DILAPAN-S® is used to dilate your cervix to at least 3cm so we can break your waters if they haven't broken already.

4. Can I have DILAPAN-S® if I have any systemic disease or I have had a previous Caesarean section?

Yes. Cervical ripening is usually gentle and gradual and will not cause your womb to over-contract or cause your baby to get distressed. It has **no drug or hormones** in it, so it is safe if you have any medical condition.

5. How will DILAPAN-S® be inserted? Is it painful?

You will lie down and have a speculum examination so we can see your cervix. 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 patients.

Shortly before and after the procedure, your baby's heartbeat might be monitored. 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.

6. Which regular activities CAN I do with DILAPAN-S® inserted?

You CAN go to the toilet, shower normally and perform your normal daily activities. This is encouraged as it helps prepare you for labour. It's also good to try and get some sleep and rest as this also helps prepare you for labour.

Please report to your clinicians immediately if: there is any excessive bleeding, pain or other concerns that occur during the ripening process.

7. What activities CANNOT be done with DILAPAN-S® inserted?

Do not have a bath (shower instead), **do not** use a vaginal douche and **do not** have sexual intercourse. Do not **try to remove the rods yourself** under any circumstances.

8. When will DILAPAN-S® be removed and what occurs after the removal?

The DILAPAN-S® rods will be removed after 12 hours by a midwife or doctor. They can be left in for maximum 24 hours if there is a delay. Your clinician will perform a vaginal examination, remove the DILAPAN-S® rods and see if your cervix has dilated enough.

If your cervix has dilated enough, you are ready to be induced. Usually the membranes are broken artificially. After that, we will wait for 1–2 hours to see if contractions start naturally on their own. If contractions have not started after this period, an oxytocin infusion may be started at this stage.



Questions?

If you have any questions, please ask to speak to a midwife or a doctor, or find more here: <https://www.dilapan.com/>