

Dilapan-S®

Patient Information

What happens before my induction?

Your midwife or doctor will start by examining your cervix to see how ready for labour you are. You may have been offered a membrane sweep prior to your induction. If this did not get you into labour, your induction will go ahead as planned. To help dilate and soften (or ripen) your cervix, DILAPAN-S can be used.

How safe is DILAPAN-S?

Every medical procedure has risks, however DILAPAN-S is a type of mechanical induction. This means it does not contain any hormones and reduces the risk of side effects for both you and your baby. DILAPAN-S is included in the national guidelines for inducing labour, and studies have shown that it has a superior safety profile. You may even be able to request to go home with DILAPAN-S. DILAPAN-S is suitable for almost anyone, however it cannot be used if you have an active genital tract infection.

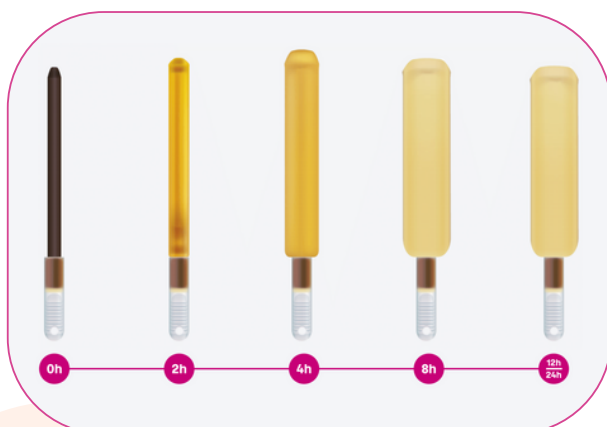
How does DILAPAN-S work?

DILAPAN-S absorbs fluid from your cervix, gently expanding over time. This allows it to dilate and soften the cervix gradually. Usually, a set of 4–5 dilators are inserted for 12–15 hours to ripen your cervix sufficiently. However, your clinician may decide to leave it in for longer.

How will DILAPAN-S be inserted?

How does it feel?

DILAPAN-S is inserted into your cervix during a vaginal examination - this will only take a few minutes. Insertion of DILAPAN-S can be slightly uncomfortable but usually it is well tolerated, and pain relief is rarely needed. Because it expands gently, most people are comfortable throughout their DILAPAN-S induction. You may have some minor bleeding, but this is normal and shouldn't be a concern.



This is what DILAPAN-S looks like over 12 hours. The dilators expand gently.

Why can't I just be started on a hormone drip to get my contractions going?

It's best not to start you on an oxytocin infusion (a medicine which helps start your contractions) until your cervix is ready, otherwise you're more likely to need a caesarean.

What can or can't I do with DILAPAN-S inserted?

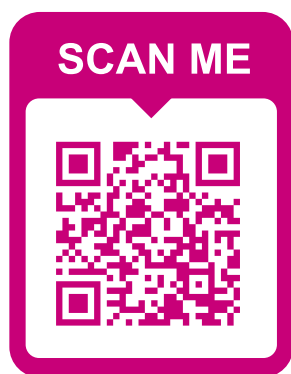
You can do most of your daily activities while DILAPAN-S is in place, including showering, going to the bathroom, and even get some sleep! You will need to avoid bathing and sexual intercourse. If you have any excessive bleeding, pain, or other concerns please report it to your clinician immediately. You may experience some contractions whilst DILAPAN-S is in place. Under no circumstances should you try to remove DILAPAN-S yourself

Why may I need to have my waters broken?

Your baby is protected by the amniotic sac, which is like a soft squishy balloon. Breaking your waters pops the balloon and allows your baby's head to put pressure on your cervix and help start your contractions.

When will DILAPAN-S be removed and what happens after?

DILAPAN-S should be removed within 12–24 hours, but it may be removed sooner if your labour begins. Your clinician will perform a vaginal examination, remove DILAPAN-S, and assess your cervix. If your cervix is ready, your hospital's induction protocol will be followed. A small minority may need a 2nd round of DILAPAN-S or another induction method.



Please scan the QR code to complete the anonymous patient feedback questionnaire.

Helpful Resources

DILAPAN-S patient's page <https://aghealth.co.uk/dilapan>

DILAPAN-S website www.dilapan.com

If you have any further questions, please speak to your midwife or doctor.