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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Outpatient Induction of Labour

Patient Information Leaflet

Induction of labour is the process of starting labour artificially. We can offer induction of labour either in hospital or for part of the process as an outpatient. Outpatient induction of labour will be offered to you if you have a 'low risk' pregnancy and are over your due date by 12 days.

What are the Benefits of Outpatient Induction of Labour?

- A reduction in the time you spend in hospital before you give birth.
- Makes the process of Induction of labour feel more normal.
- Allows you to spend more time in your home environment with your family.

You will be offered Outpatient Induction of Labour if:

- You have an uncomplicated pregnancy requiring induction for prevention of prolonged pregnancy (Due date + 12 days onwards).
- You have an uncomplicated previous birthing history.
- You have had no more than four previous births.
- You have transport available and live within 30 minutes of the birth unit.
- You have access to a telephone.
- You have had a full examination and are suitable for induction.
- You have had a reassuring heart monitoring of your baby.

What will happen on the day?

- You will be asked to attend the Day Assessment Unit at your hospital.
- A full antenatal assessment will be carried out, including a 30 minute electronic heart monitoring of your baby and an internal examination to assess your cervix.

- If suitable the induction medicine, called Propess, will be inserted into the vagina. Propess is like a small flat tampon containing prostaglandin, which is used to encourage the cervix to soften ready for labour to start. Propess remains inside for up to 24 hours and has a string which is used during removal. The Propess string will lie inside the vagina and it is very important that you take care when wiping yourself after going to the toilet or when washing, so that you do not pull or drag on it.
- Heart monitoring of your baby will be repeated for 30 minutes and if this is normal you can go home.
- You will be given a time, approximately 12 hours following insertion of the Propess, to return to the hospital so that the midwife can check that everything is normal. At this visit you will have a repeat heart monitoring of your baby, but will not have an internal examination, unless you are experiencing contractions or have expressed concerns that require vaginal examination. If all is normal you can go back home and will be given a time to return to the hospital in approximately 12 hours, at which point the Propess will be removed and a plan will be made for continuation of the induction of labour as an inpatient.

What happens when I go home?

The Propess you have been given acts to prepare the cervix. This means that the cervix, softens, shortens and begins to open. You will commonly feel a period type pain while this is happening and you may be aware of your womb tightening and relaxing intermittently. Sometimes Propess can result in labour contractions starting. It is ok to stay at home if you have tightening. You can take a warm bath and keep mobile, which will help you to relax. If you experience contractions which are every 5 minutes or less and think you may be in labour you can still be offered the opportunity to birth in our Alongside Midwifery Led Units (telephone numbers below). If you have pain that is constant you should telephone the hospital emergency telephone numbers below and come in for assessment.

Please contact the hospital immediately if you experience any of the following:

- You think your waters have broken.
- You have regular and painful contractions and think you may be in labour.

- You have constant pain.
- You are worried and do not feel that you are coping at home.
- You have any fresh bleeding vaginally.
- Your baby's movements are reduced.
- The Propess falls out or drops low into the vagina.

Are there any side effects?

Propess can occasionally produce some side effects which are usually mild and include nausea, vomiting, dizziness or rarely palpitations and fever. If any of these occur to a distressing level you should telephone the hospital. There is a very rare chance that you may be very sensitive to Propess and start contracting very frequently and strongly:

- More than 5 contractions in 10 minutes.
- A run of contractions each lasting 2 minutes.
- Severe abdominal pain.

If this happens you must telephone the hospital and attend the unit immediately. If possible you should also remove the Propess by pulling on the string, as you would when removing a tampon.

Royal Gwent Hospital

Day Assessment Unit – 01633 234730 (8:30am – 5:00pm)
 Ward B4 – 01633 234618 (for 12 hour follow up)
 Newport Birth Centre – 01633 234009 (For labour)
 24 hour emergency contact – 01633 234618

Nevill Hall Hospital

Day Assessment Unit – 01873 732139 (8:00am-8:00pm)
 Abergavenny Birth Centre – 01873 732137 (For labour)
 24 hour emergency contact – 01873 732120