



# Going home after Cervidil®



**Cervidil® is the brand name of the medicine that we use to help prepare the cervix for labour by encouraging the neck of the womb to soften and shorten (ripen).**

Cervidil® is given as a tape that is inserted into the vagina (birth canal). This is done in the hospital. More than one dose might be needed to prepare the cervix for induction of labour.

## Does everyone go home after Cervidil®?

You are able to go home if:

- Your baby's heart monitoring was normal.
- You are not having more than two contractions in a ten minute period.
- You do not have any abdominal pain.
- Your waters have not broken.
- You are not bleeding (it is normal to have a few spots after the vaginal examination).
- You are not having twins.
- You or your baby do not have any medical problems.

## Why is it better to go home after having Cervidil®?

You will be more relaxed at home and this can help the Cervidil® and your natural hormones work together to soften your cervix.

## What will happen when I go home?

Some women will go into labour with the Cervidil® tape alone and will come back into the Birth Unit during the afternoon or night.

A few women may get pain, bleeding, waters breaking, change in the baby's movements or other concerns. If this happens please ring the Birth Unit and speak to the midwife about your concerns. It may mean that you need to come back to the hospital to get assessed.

If you become distressed or upset at any time please contact the midwife or return to the hospital as soon as possible.

## What should I do at home?

- Make sure you have access to a telephone.
- Continue with your usual day to day activities, no heavy lifting.
- Rest when you need to.

## When should I come back into the hospital?

- If your waters break (ruptured membranes). This fluid is usually yellow or straw coloured. Put a pad on.
- If your contractions are getting stronger, longer and closer together and have a pattern.
- If you have any bright red blood-stained fluid from the vagina.
- If you are in pain and do not feel comfortable to stay at home.
- If you are concerned about your baby's movements.
- If you feel unwell.
- If the Cervidil® tape falls out.
- If you are concerned please come in and get us to assess you.

If you have not needed to return to the Birth Unit overnight, please return at 7.00am the next morning.

Before you come to the hospital, please contact the Birth Unit so the midwives can get your file ready, they will then be able to manage your care as soon as you arrive.



Scan the QR code for more information and resources

## Birth Unit contact information

**Blue Mountains**  
(02) 4784 6572

**Lithgow**  
(02) 6350 2324

**Nepean**  
(02) 4734 2295



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