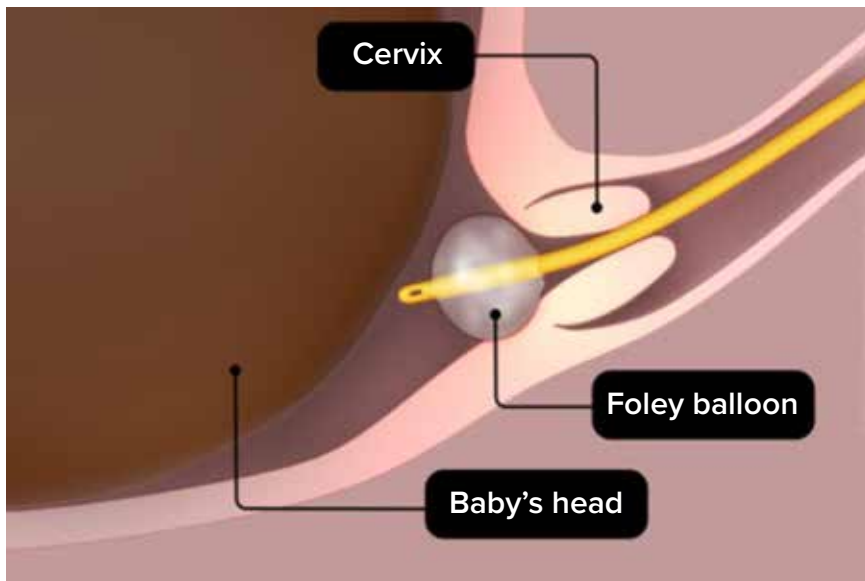




Outpatient Cervical Ripening Induction of Labor (IOL) FAQs for Patients

What is Outpatient Cervical Ripening for Induction of Labor?

A balloon is inserted into your vagina and through the cervix to apply pressure, stimulating the release of prostaglandins, which prepare your body for labor. Outpatient cervical ripening reduces hospital stay before delivery, promoting safe, individualized options for care. Your provider will discuss the benefits and risks of labor induction options with you.



What happens on the day of the procedure?

You'll be contacted around 6:00 a.m. on your induction day with instructions to arrive at the Obstetrics Emergency Department, usually around 8:00 a.m. After a brief assessment and baby monitoring, if your assessments determine that you and your baby can progress with the procedure, the balloon is inserted through your cervix and filled with saline. The tubing extending out of your vagina will be secured to your leg. After monitoring your baby again, you'll be discharged. Note that this visit is billed separately from your labor and delivery admission.

What does it feel like after the balloon is placed?

It is normal to experience the following after the placement of a cervical balloon:

- Pressure or slight pain after insertion
- Mild cramping
- Light bleeding/spotting

What can I do, and what should I avoid after placement?

You can continue usual activities like walking around your house, showering, and using the toilet. You should not have sexual intercourse or insert anything into your vagina.

What happens if the balloon falls out at home?

If the balloon falls out while you're at home, you can throw it away, but remember when it came out so that you can tell your healthcare provider. You can stay at home for the remainder of the 12 hours unless you are experiencing any of these symptoms:

- Heavy vaginal bleeding (bleeding through one menstrual pad in one hour)
- Painful uterine contractions every 3-5 minutes
- You think your water broke (rupture of the amniotic sac)
- Your baby is not moving as much as normal

You may contact your provider at any time if you have additional questions or concerns throughout this process.