

Cervical Ripening Catheter Home Discharge Instructions

A Foley/Cook Catheter was put into your cervix today at ____:____
Hours Minutes

This is a balloon catheter, and it is filled with sterile water. The balloon puts pressure on the inside of your cervix to allow it to slowly open. The balloon will fall out once your cervix has opened enough (about 4 cm), or it will be removed after about 12 hours. You may feel cramps and pressure in your pelvic area when the balloon is first put in.

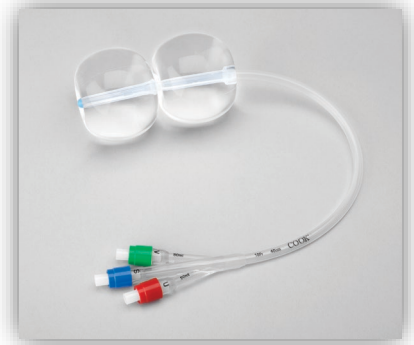
What do I do now that the catheter has been placed in my cervix?

- Go home and get ready for your labor.
- We encourage you to rest/nap for the induction you will be having soon. It can be a long and exhausting process.
- You do not need to stay in bed. You can walk and move around with the catheter in place, but try not to do too much.
- You should eat and drink normally. Make sure you eat a nice meal before you come into the hospital.



When should I come to Labor and Delivery?

Come to Labor and Delivery at 8 pm for your scheduled induction. You will be admitted to a labor room. We will begin the rest of your induction process if your labor hasn't started on its own. If your catheter has not fallen out, a provider will remove the catheter and will use other medications to start your labor.



Cook Catheter



Foley Catheter



Five important reasons to come to OB Triage before 8 pm:

1. You have regular painful contractions for 1 hour that:
 - come every 3 to 5 minutes and last 1 minute each**AND**
 - feel very strong and are all about the same strength
2. You have bright red vaginal bleeding that is more than spotting or is like a period
3. Your baby is not moving normally (your baby should move more than 10 times in 2 hours)
4. You think you may have broken your bag of water
5. You think you may have an infection (signs of infection include feeling feverish or having chills)

What should I do if my catheter falls out before 8:00 pm?

As long as you are not experiencing the “Five important reasons to come to OB Triage before 8 pm” (see above), you can stay home and come into Labor and Delivery at 8:00 pm as scheduled. You can bring your catheter with you or you can throw it away at home.

What should I do if I am having cramping from the catheter?

- Take a warm shower or bath. You can also use a heating pad.
- For pain you can take Tylenol 650mg every 4 hours (also called acetaminophen).
- To help you sleep you can take Benadryl 25mg to 50mg every 6 hours (also called diphenhydramine). **Do not** take Benadryl if you will be driving.
- Your provider may also give you a prescription for other medications to help with cramps caused by the catheter so you can rest at home.

**Other Questions?
Call us at OB Triage
(505-272-2460)**

Let us know that you have a question about your cervical ripening catheter.