

# Induction of Labour at Home

Because your pregnancy has progressed normally you are at low risk of any complications as a result of being induced. Based upon national and international evidence we think that it is suitable for you to go home once the induction process has started to await events in the comfort of your own home.

You have been given Propess, a pessary that contains a type of hormone that is slowly released over a period of 24 hours, to soften and open the cervix. While the Propess is working, as long as the membranes around your baby are intact and you are not having contractions, it is quite safe for you to be at home to await events.

## Suitability

**To be suitable for an outpatient induction of labour you must fulfil the following criteria:**

- Low risk pregnancy (no significant maternal or fetal risk factors)
- Post-dates (Over your due date by 10-12 days)
- Singleton pregnancy
- Cephalic presentation (baby in head down position)
- Have had 3 babies or less
- Bishops score less than 7 (we determine this from your vaginal examination)
- No previous uterine surgery or caesarean section
- Have a home or mobile telephone
- Intact membranes (waters not broken)
- Willing for out-patient induction
- Normal pre and post Propess fetal heart monitoring
- Speak English
- Access to immediate transport

If you have any concerns about going home once induction has commenced, please discuss these with the midwife or doctor. You can stay in the hospital to await events if you wish but if you want to go home it is essential that you have immediate access to transport so that you can come straight back to hospital if required. You also need immediate access to a telephone.

## What happens next?

Whilst you are at home, you should try to remain gently active for some of the time rather than lying down all of the time. This will often help you get into labour. It is important to remain well hydrated and take a light diet in these early stages.

You must continue to monitor your baby's movements throughout. If you feel that these are unusual or reduced you must telephone Maternity Assessment Centre (MAC) on 01422 224419 for further advice.

If you start to develop mild contractions you can take paracetamol, two tablets every 4-6 hours with no more than 8 tablets in the 24 hour period, or can try soaking in a warm bath. You may also try using a TENS machine if you have one available.

## Please contact us at Maternity Assessment Centre immediately if:

- The pessary falls out.
- There is a change in baby's movements.
- There is any bleeding.
- You have frequent painful contractions more than 4 in every 10 minute period lasting over one minute.
- Your waters break and the fluid is green.
- Your waters break and the fluid is clear, you have frequent painful contractions 3-4 in every 10 minute lasting around one minute **and you wish to birth on Labour Ward**

## Please contact Calderdale Birth Centre if you wish to birth there and:

- Your waters break and the fluid is clear.
- You have frequent painful contractions around 3-4 every ten minutes lasting around 50-60 seconds.
- Your baby is moving as usual.

If you have to ring us about a possible problem we may advise you to remove the Propess pessary. This is done by pulling the string sitting just inside your vagina. This is very similar to the process of removing a tampon. It is important that you try not to pull it out without meaning to, particularly when going to the toilet pat dry rather than wiping, but it remains important to remove it when advised to by a midwife or doctor.

## What if I haven't gone into labour after 24 hours?

If you haven't gone into labour after 24 hours, your waters haven't broken and baby is moving as usual we need you to return to the Induction of Labour Suite on Ward 9 for assessment. You will be told when you need to ring to return before you are discharged home. When you come back, we hope to be able to break your waters and get you properly into labour. If this is not possible, the midwife will discuss with one of the senior doctors to review and make a plan about ongoing care. If you return to the hospital you will remain an inpatient until your baby is born.

## If you have any comments about this leaflet or the service you have received you can contact :

Consultant Obstetrician and Antenatal Lead  
Calderdale Royal Hospital  
Telephone No: 01422 224685

[www.cht.nhs.uk](http://www.cht.nhs.uk)

## If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"