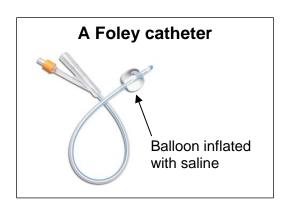


Using a Foley catheter to ripen your cervix

What is a Foley catheter?

A Foley catheter is a thin, non-latex tube with a small balloon at one end.

This type of catheter is most often used to drain urine from the bladder. It can also be used to 'ripen' or prepare the cervix for induction of labour.



How is the catheter inserted?

During a vaginal examination, your doctor or midwife will gently insert the end of the catheter (with the balloon empty) into your cervix. They may use a speculum to open your vagina and see your cervix. Then, they will inflate the balloon with saline (salt water) so that the catheter does not fall out easily.

What happens after the catheter is inserted?

The catheter helps your cervix soften and dilate (open). This will make the induction of labour easier and reduce the chance that you may need a cesarean section.

You may feel some cramps while the catheter is in place. It is very common to have a discharge with some blood and mucus. You can walk and go to the washroom as usual.

You will stay in the hospital for about 30 minutes after the catheter is inserted. During this time, the effects of the catheter and your baby's heart beat will be monitored.

Will I go home with the catheter?

If the monitoring shows that you and your baby are doing well, you may be able to go home.

Usually, the catheter stays in place until you return the next day for induction. However, the catheter may fall out at home. If this happens, put the catheter in the garbage. You do not have to return to the hospital, unless you think you are in labour or have any of the concerns listed below.

When should I return to the hospital?

Call 905-521-5050 and come to the Labour and Delivery unit if you notice ANY of the following:

(if you are a patient of a midwife, please also call your midwife)

- Regular contractions that are getting stronger (you may be in labour)
- Fluid that is leaking from your vagina and doesn't seem to stop (your water may have broken)
- Your baby is moving less than usual (or less than 6 times in 2 hours)
- Bright red bleeding from your vagina that is like a menstrual period
- Any other concerns with your pregnancy

When do I return for my induction of labour?

Before you leave, the nurse will give you our "Checklist for induction of labour".

Please read this information sheet and follow the instructions about:

- when to return to the hospital
- what to do before coming to the hospital for induction of labour