

Your Guide to Cervidil

PATIENT HANDOUT



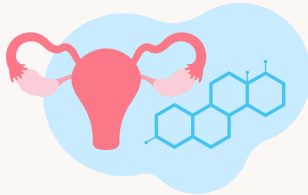
Did you know?

Nearly 1 in 4 people need help getting labour started.

WHAT?

What is it?

A small vaginal insert with a string attached for easy removal. Cervidil contains medication that softens the cervix and may start labour. It is left in your vagina until labour starts, or until 24 hours after insertion.



How does it work?

Cervidil releases a hormone that works directly on your cervix to help make it soft, thin, and dilated. Some patients may experience mild contractions during the cervical ripening process.



Is it right for me?

There are very few contraindications and some risks associated with Cervidil. Talk to your care provider and scan QR code below for more information.



Why do I need it?

Your doctor or midwife may decide it's time to use cervidil because you are at, or past, your due date; or there is a medical need for your baby to be delivered. Cervidil is used when your cervix needs to soften and thin out to get ready for labour.



For more information

Scan the QR code to visit the Patient Guide.



FAQ

Q: Can I go to the bathroom, bathe & shower?

A: Yes. Wipe carefully to avoid pulling on the string. If it comes out, do not reinsert yourself.

Q: When do I return to the hospital?

A: Usually at 12 hours after insertion, or as indicated by your health care provider.

**Phone Labour & Deliver if:
705-444-8618**

- Contractions are regular, becoming stronger or lasting longer than 1.5 minutes
- You are having more than 6 contractions in 10 minutes
- Your water breaks
- You have heavy vaginal bleeding (like a menstrual period)
- Your baby is not moving as usual
- You have questions or concerns