



Cervical Ripening

Outpatient Discharge Instructions

You have a balloon catheter in place to help to dilate or open your cervix. This is done to prepare your cervix for induction of labor. Review this to know what you can expect.

What to expect

- You will feel pressure and some discomfort while the balloon is in place.
- Spotting may occur, but you should not have active vaginal bleeding.
- You may have some trouble passing urine because of the pressure from the balloon.
- You can shower or bathe.
- You may eat what you want, but we suggest that you eat small amounts and avoid very heavy, fatty foods.
- If the balloon catheter comes out on its own, throw it in the trash.

Return to Labor & Delivery if:

- Your pain is not manageable.
- You are not able to pass urine.
- You have active vaginal bleeding.
- Your bag of water breaks or is leaking (membrane rupture).
- You are having regular contractions every 5 minutes, and they get stronger and closer together over an hour.
- You have less or no fetal movement.

Call 614-293-6417 at 6:30 AM the following morning to talk to the Labor & Delivery Charge Nurse to check your arrival time for induction.



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For more health information, go to patienteducation.osumc.edu, call 614-293-3707 or email health-info@osu.edu.