

Cervical ripening / Induction of labour with DILAPAN-S



This is how DILAPAN-S dilators work over the period of time

The thin dilator can expand up to 15 mm over a 12–24 hour period. This allows it to dilate and soften the cervix gradually. Usually a set of 4–5 dilators inserted together is used to ripen your cervix sufficiently.



Why am I being induced?

Your pregnancy has now progressed to the stage where your physician or midwife feels that the risks of leaving the baby inside your womb outweigh the risk of inducing the delivery of your baby.

What needs to occur prior to labour induction?

Your physician or midwife will exam your cervix to determine if it is ready for vaginal birth. If your cervix is not ready (unripen or insufficiently dilated), the cervical ripening can be proceeded with DILAPAN-S. Cervical ripening with DILAPAN-S is safe for you and your baby, and minimizes a risk of strong uterine contractions during ripening period, as this is not a medication. Contractions are undesirable during the ripening process, because your cervix is not ready for delivery at this stage. Your physician has chosen DILAPAN-S as the best means of preparing your cervix for labor induction due to its optimal combination of efficacy, safety and patient satisfaction.

How does DILAPAN-S work?

DILAPAN-S is a synthetic hygroscopic dilator made of hydrogel, which absorbs the fluid from the cervical tissue. The thin dilator can expand to 15 mm over a 12–24 hour period. This allows it to dilate and soften the cervix gradually. Usually a set of 4–5 dilators inserted together is used to ripen your cervix sufficiently.

Why can't I just be started on an oxytocin infusion to get my contractions going?

It is best not to start you on an oxytocin infusion (the drug, which promotes your contractions) until your cervix is ripe, otherwise the risk of Cesarean section could be higher. DILAPAN-S is used to increase the dilation and prepare your cervix for a successful induction.

Can I have DILAPAN-S if I have any systemic disease or I have had a previous Cesarean section?

Yes. Having no pharmacological content, DILAPAN-S has minimal limitations related to medical conditions. It can be used in mothers with systemic disease such as hypertension, diabetes, etc. It is also suitable for mothers with previous Cesarean section. Cervical ripening is usually gentle and gradual and will not cause your womb to overcontract or cause your baby to get distressed. DILAPAN-S should not be used only if you currently have any clinically apparent genital tract infection.

How will DILAPAN-S be inserted? Is it painful?

DILAPAN-S is inserted into your cervix during a vaginal examination. It will take approximately 5–10 minutes. Your legs will be raised on the bed and a speculum will be inserted by the clinician. The DILAPAN-S dilators will then be inserted one by one into your cervix. The procedure can be a bit uncomfortable, but generally it is well tolerated by most patients. Before and after the procedure, your baby's heartbeat is usually monitored using a cardiotocography (this is a common practice regardless of the method being used). Some minor bleeding might occur during or after insertion; this is common and should not be a concern.

Which regular activities can/cannot be done with DILAPAN-S inserted?

Inserted DILAPAN-S does not limit your regular activities. You can go to the bathroom, shower normally and perform your normal daily activities. You will need to avoid sitting in a bath tub, having vaginal douching and sexual intercourse while the dilators are in place. Most women can relax or sleep during cervical ripening as there is a low rate of uterine contractions. If there is any excessive bleeding, pain or other concerns that occur during the ripening process, please report that to your clinician immediately. Under no circumstances should you try to remove the dilators yourself.

When will DILAPAN-S be removed and what occurs after the removal?

The DILAPAN-S dilators should be removed within 12–24 hours of insertion. Your clinician will perform a vaginal examination, remove the DILAPAN-S and determine if your cervix has sufficiently dilated. As long as your cervix has sufficiently dilated and is ready for induction, common induction protocol should be used.

Questions?

If you have any questions, please ask to speak to your physician or midwife.

