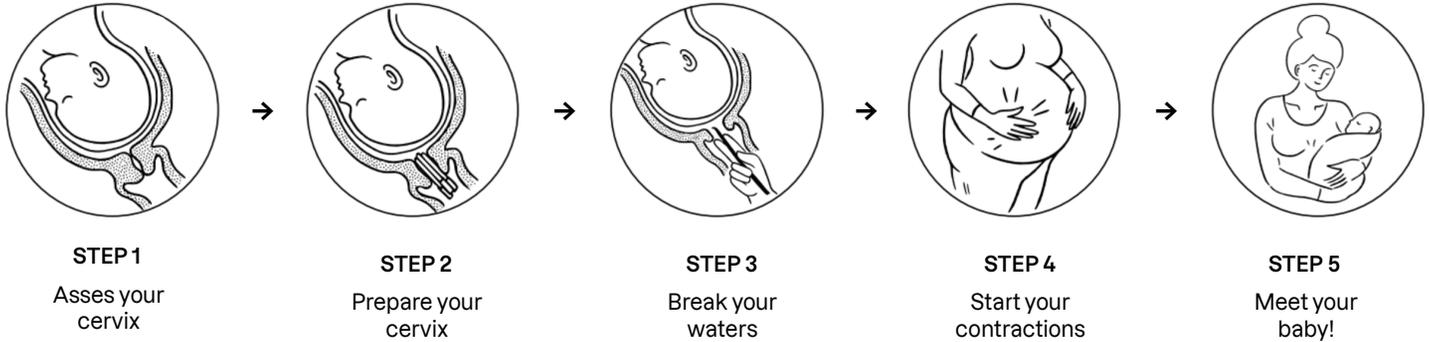


Your induction of labour with DILAPAN-S

Here are the 5 typical steps of induction. You may only need a couple of these to go into labour. One of the essential steps is to make your cervix soft and dilated; this is when DILAPAN-S is used.



Induction of labour can take anywhere from several hours to a few days, depending on how the process goes on and clinical protocol used. Studies show around 40-70% of DILAPAN-S inductions deliver within 24 hours of arriving at the hospital.¹⁻⁴

What happens before my induction?

Your midwife or doctor will start by examining your cervix to see how ready for labour you are. You may have been offered a membrane sweep prior to your induction. If this did not get you into labour, your induction will go ahead as planned. To help dilate and soften (or ripen) your cervix, DILAPAN-S can be used.

How safe is DILAPAN-S?

Every medical procedure has risks, however DILAPAN-S is a type of mechanical induction. This means it does not contain any hormones and reduces the risk of side effects for both you and your baby. DILAPAN-S is included in the national guidelines for inducing labour, and studies have shown that it has a superior safety profile. You may even be able to request to go home with DILAPAN-S. DILAPAN-S is suitable for almost anyone, however it cannot be used if you have an active genital tract infection.

How does DILAPAN-S work and how is it inserted?

DILAPAN-S absorbs fluid from your cervix and gradually expands, which promotes cervical softening and dilation. Usually a set of several dilators are used to ripen your cervix sufficiently. It is inserted into your cervix during a vaginal examination. This will only take a few minutes. Insertion of DILAPAN-S can be slightly uncomfortable but usually it is well tolerated, and pain relief is rarely needed. Because it expands gently, most people are comfortable throughout their DILAPAN-S induction. You may have some minor bleeding, but this is normal and shouldn't be a concern.

What can or can't I do with DILAPAN-S inserted?

You can do most of your daily activities while DILAPAN-S is in place, including showering, going to the bathroom, and even get some sleep! You will need to avoid bathing and sexual intercourse. If you have any excessive bleeding, pain, or other concerns please report it to your clinician immediately. You may experience some contractions whilst DILAPAN-S is in place. Under no circumstances should you try to remove DILAPAN-S yourself.



When will DILAPAN-S be removed and what happens after?

DILAPAN-S should be removed within 12–24 hours, but it may be removed sooner if your labour begins. Your clinician will perform a vaginal examination, remove DILAPAN-S, and assess your cervix. If your cervix is ready, your hospital's induction protocol will be followed. A small minority may need a 2nd round of DILAPAN-S or another induction method.

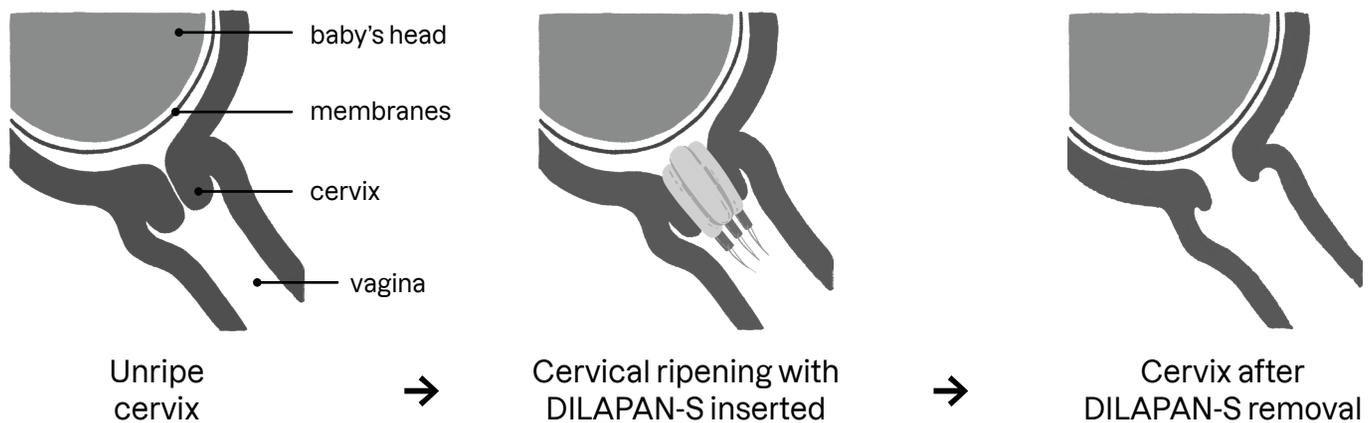
Why may I need to have my waters broken?

Your baby is protected by the amniotic sac, which is like a soft squishy balloon. Breaking your waters pops the balloon and allows your baby's head to put pressure on your cervix and help start your contractions.

Why can't I just be started on a hormone drip to get my contractions going?

It's best not to start you on an oxytocin infusion (a medicine which helps start your contractions) until your cervix is ready, otherwise you're more likely to need a caesarean.

How your cervix changes with DILAPAN-S



If you have any questions or concerns, please speak to your midwife or doctor.



Scan me for more information about DILAPAN-S.

REFERENCES

1. Gupta J.K. et al. A randomised trial of synthetic osmotic cervical dilator for induction of labor vs dinoprostone vaginal insert. *Am J. Obstet Gynecol MFM.*2022;4:100628
2. Gavara R. et al. Cervical Ripening Efficacy of Synthetic Osmotic Cervical Dilator Compared With Oral Misoprostol at Term, *Obstetrics & Gynecology*: May, 2022
3. Saad A. et al. A randomized controlled trial of DILAPAN-S vs Foley balloon for preinduction cervical ripening (DILAFOL trial), *Am J Obstet Gynecol* 220(3):275.e1-275.e9., March 2019
4. Saad A. et al. Outpatient compared with inpatient preinduction cervical ripening using a synthetic osmotic dilator: A randomized clinical trial. *Obstet Gynecol.* 2022 Oct 1;140(4):584-590

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DILAPAN-S is manufactured by company MEDICEM Technology s.r.o., Czech Republic (www.medicem.com).