

## Guidance for Women returning home after being given Propess<sup>®</sup> to induce their labour

This leaflet will give you guidance for when you are at home following insertion of propess to induce your labour.

### When can I go home?

You will be able to go home following the insertion of Propess<sup>®</sup> pessary if the monitoring of both you and your baby has been normal.

### What to expect/ what is “normal”?

- Your baby’s movement should be normal.
- You can expect to have period like pain and back ache.
- You may experience aching at the top of your legs.
- You may experience tightenings that are variable and irregular. They may be painful, but you are able to talk while they are happening
- It may help to have a warm bath or change position, take paracetamol or use a TENS<sup>®</sup> machine. Sometimes having your back rubbed by a supporter might help. It is important to remain active but at night try and sleep.
- Eat and drink normally

### When to contact the hospital

**You must call the Cley Obstetrics Ward, Maternity department on 01603 286165 if any of the following occurs:**

- **Fresh red bleeding from the vagina**
- **If the Propess<sup>®</sup> falls out**
- **Sensitivity to the drug** - There is a rare chance that you might be very sensitive to the Propess<sup>®</sup> and start contracting very frequently and /or strongly. You may be advised on the telephone to remove the pessary
- **Onset of labour** - If your contractions are becoming very regular, frequent (more than one every 3 mins), long and/or very painful.
- **(Severe) constant abdominal pain.**
- **‘Waters break’**
- **If your Baby’s movements are not following their normal pattern**
- **If you are worried and need advice on the telephone.**

### **12 hours have passed; what should I do?**

Please call Cley Obstetrics Ward on **01603 286165** so that a midwife can support you in your outpatient induction of labour.

### **24 hours have passed; what should I do now?**

You will need to return to the hospital as arranged for further assessment by a doctor or midwife.

### **Please feel free to ask any questions before you go home**

Useful telephone number (24 hours) - Antenatal Ward (Cley Obstetrics) 01603 286165