

## **Guidance for Women returning home after being given Propess® to induce their labour**

This leaflet will give you guidance for when you are at home following insertion of Propess®, the hormone pessary, to induce your labour.

### **When can I go home?**

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

### **What to expect at home/ what is “normal”?**

- Your baby's movement should be normal pattern for you
- You can expect to have period like pain and back ache.
- You may experience aching at the top of your legs.
- You may experience tightening's 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® 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 should I 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® falls out**, please retain for staff to check this is complete on return to hospital
- **Sensitivity to the drug** - There is a rare chance that you might be very sensitive to the Propess® 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**

### **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 can now remove your Propess® by gently and carefully pulling on the tape. After removal we will ask you to keep the Propess® and bring with you to the hospital to ensure both parts (the drug delivery system and the net) are complete. 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 at any time

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

We welcome your feedback on the quality of the care you have received from the Maternity unit . Please visit: <http://ratenhs.uk/IQu9vx> or scan the QR code

