

# Induction of labour with a catheter balloon

## Patient Information

This information is to help you and your family make a choice about induction of labour and to answer some questions that you may have. It should be read alongside the induction of labour patient information leaflet.

### **What is a catheter?**

A catheter is a soft narrow tube with a balloon at the end which is normally inserted into the bladder to help drain urine. It can also be used to help dilate the cervix (neck of the womb) by inserting the catheter into the opening of the cervix and inflating the balloon. This is known as a mechanical method of induction of labour.

### **Why are you recommending this method of induction of labour?**

We are offering balloon catheter induction to women who have had a previous Caesarean Section because standard induction of labour using prostaglandin gel (Prostin) carries a 2-3 fold increase in the risk of uterine rupture (scar on womb opening up). Balloon catheter induction carries a lower risk of this as its purpose is not to bring on strong contractions.

Balloon catheter induction of labour can be offered to any pregnant woman as an alternative to using Prostin gel.

### **How will the balloon catheter be inserted?**

It will be inserted on the induction of labour suite or labour ward during a gentle internal examination by a doctor or midwife. Sometimes a speculum may need to be used to open the vagina. The catheter is carefully inserted into the opening of the cervix and then the balloon is inflated. This is essentially not a painful procedure but you might have some discomfort during the examination. A routine electronic monitoring of your baby's heart rate for approximately 20 minutes will be carried out prior to the insertion of the balloon catheter and again after insertion. After monitoring you will then be admitted to the antenatal ward or you may be able to go

### **How long will this process take?**

We will leave the balloon catheter in place for a maximum of 24 hours. After 24 hours we will deflate the balloon and remove the catheter. If the cervix has dilated we will then go on to break your waters. If the catheter has not been successful at dilating your cervix then you will have a conversation with a doctor about either having an insertion of Prostin gel or a caesarean section.

Occasionally some women do start to experience strong, painful contractions with the balloon inside. If this happens or you feel your waters have broken we advise you to inform the midwife looking after you or ring the induction of labour suite (if you are at home) and the catheter will be removed by a midwife or doctor.

### **Accessible Information**

If you need this information in another format or language, please ask a member of staff.

### **Smoking**

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

### **Wristbands**

When you are in hospital it is essential to wear a wristband at all times to make sure you are safe during your stay. The wristband will show accurate details about you on it including all the information that staff need to identify you correctly and give you the right care.

If you do not have a wristband whilst in hospital, then please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.