

# Foley Balloon Labor Induction (Out of Hospital)

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Labor inductions often start with **cervical ripening**, a process of softening the cervix. For some people, a Foley catheter balloon can be placed in the clinic or triage by a doctor or midwife, and you can safely go home to let the cervical ripening occur before being admitted to the hospital. Our goal is that your cervix will soften and open at home, so that your labor induction can be shorter and easier.

## **What happens during the procedure?**

If you decide to have a Foley catheter balloon induction you can expect the following:

1. On the morning before your scheduled hospital induction a soft Foley catheter (flexible tube) will be inserted into your cervix (tissue that connects the vagina to the uterus).
2. A small balloon at the tip of the catheter is then inflated with about 4 tablespoons (60 mL) of sterile water
3. The balloon is left in place by strapping the end of the catheter to your inner thigh.
4. Your baby will be monitored before and after placement of the balloon catheter.

## **What should I expect after?**

- Some people report some increased pressure, mild cramping and some spotting.
- The catheter will not interfere with your ability to use the bathroom.

- The balloon catheter may fall out at home if your cervix is dilating (getting wider). If this happens just throw it out in your trash, no need to bring it to the hospital.
- Most people will be dilated to 3 or 4 centimeters within 12 hours.

### **When should I call for help?**

Call OB triage at (734) 764-8134 if you experience any of the following:

- A gush or loss of fluid from your vagina when your “water bag breaks”
- Fever of greater than 100 degrees Fahrenheit
- Chills
- Bleeding, greater than a period
- Bad cramping or strong contractions

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