

Cervidil For Cervical Ripening

There are many reasons that your doctor or midwife may be recommending induction of your labor. The biggest concern is, of course, a safe delivery for you and your baby. There are some situations where waiting for natural labor to begin may not be ideal for you. Some of these are:

- Medical complications of pregnancy, such as high blood pressure or diabetes make an early delivery necessary
- Your bag of water has broken without natural labor starting—increasing the risk of infection for you and your baby

Induction of labor is more likely to end with a vaginal delivery when the cervix is “ripe” (soft, and starting to thin) to begin with. Sometimes, even though the baby is due, the cervix may not yet be ready. Cervidil is a medication that can help to ripen the cervix for a quicker and more effective labor.

Usually for Cervidil cervical ripening, you will be asked to come to Labor & Delivery (on the 3rd floor of the Women’s Center) just after midnight or very early in the morning on the day your provider plans to deliver you.

**It is very important that you call the
CHARGE NURSE in the Maternity Unit
before coming to the hospital (352) 333-5300**

It is possible there will be many patients in labor and your induction could be delayed.

Coming into the hospital during the night will decrease the financial cost of your hospitalization, and will allow enough time for the medication to be effective. Most often, your doctor or midwife will examine you the next morning, and then begin the actual induction of your labor with Pitocin. (There is another patient teaching sheet available on Pitocin induction.)

Cervidil looks like a tiny plastic chip attached to a short string. The nurse will place it into the vagina, just behind the cervix. The insertion is not painful and for many women, having Cervidil in place is only noticed as mild cramping for the rest of the night. You will be offered a sleeping pill, which is safe for both you and your baby, and may allow you to rest comfortably until morning. Your baby will be monitored for 4 hours after the Cervidil is inserted.

Cervidil works by releasing prostaglandins (hormones that your body naturally releases during labor) into the blood stream, which makes the uterus begin to contract. The effect Cervidil will have on the cervix varies from woman to woman. Sometimes there will be very little effect on the cervix, and other times, it will actually induce real labor. The effect of Cervidil on your labor is not always predictable and it is possible that you will deliver during the night before the planned morning induction. A trained Labor nurse will be caring for you and carefully observing for signs of labor.

You and your provider will discuss all of the options available to you in your specific situation, and we hope that you will ask any questions that you have regarding your delivery.