

# OUTPATIENT CERVICAL RIPENING PATIENT EDUCATION AND INSTRUCTIONS

A cervical ripening balloon has been placed in your cervix. The cervical ripening balloon located at the end of a small flexible tube is inflated to put pressure on your cervix to help it open. The balloon will fall out once your cervix is open to approximately 3 cm of cervical dilation. When the balloon comes out, place it in the trash and note the time. Unless you are in labor or experience one or more of the following concerning signs, you do not need to come to the hospital when the balloon comes out.

It is normal to see some light bleeding. You may or may not experience uterine contractions. It is also normal to experience some abdominal cramping, low back pain, and mild uterine contractions.

Please avoid taking a bath or having intercourse while the balloon is in place. However, you can take a shower. You can walk and use the restroom normally.

**PLEASE CALL YOUR PROVIDER OR RETURN TO THE HOSPITAL IF ANY OF THE FOLLOWING OCCUR:**

- + Rupture of membranes
- + Vaginal bleeding
- + Consistent contractions every 5 minutes or less (active labor)
- + Decreased fetal movement
- + Severe pain
- + If fever higher than 100.5°F or 38°C develops
- + If the cervical ripening balloon comes out and you are having consistent contractions
- + If the cervical ripening balloon has not come out, return to L&D at the prearranged time

**If you have any questions or concerns while away from the hospital, please call your provider.**