



**Cook[®] Balloon Induction
of Labour**

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**Northampton
General Hospital**
NHS Trust

Introduction

You have been given this information sheet as you may be offered a Cook® balloon catheter induction of labour when you come for your induction procedure.

We recommend that you also read the Induction of Labour leaflet.

What will happen?

When you come to the induction bay, a midwife will talk to you about the procedure and make sure you understand the process. Please do ask any questions or talk to us about any worries you have, we are here to help.

When you arrive, the midwife will do a full check on your baby and you. Your baby's heartbeat will be monitored using a cardiograph (CTG) machine that gives a paper recording of the heartbeat. You will have a vaginal examination to see if your cervix is ready to have to your waters broken (Artificial Rupture of Membranes). If your cervix is not ready, then we may offer you a Foley balloon catheter induction of labour.

Cervical ripening Cook® balloon catheter

We are offering you induction with a Cook® balloon catheter. The advantages of this method compared to our traditional induction method include:

1. Less side effects
2. Less risk of the womb contracting too often

The procedure involves a speculum being inserted into your cervix (like at a smear test) to allow us to insert a soft tube (catheter) into the opening of the cervix. The Cook® balloon catheter has 2 balloons near the tip, one in the cervix and other in vagina and when it is in the right place the balloon is filled with sterile water. The bottom of the balloon catheter will be secured to your leg. The Cook® balloon catheter stays in place for 12 hours. The pressure should soften and open your cervix enough to start labour or to be able to break the waters around your baby.

Going home with the Cook® balloon catheter

Your midwife or doctor will assess if you are suitable for outpatient induction of labour and discuss this with you. When possible, this reduces the amount of time you need to stay in hospital before your labour begins. This makes the process of induction as close as possible to going into labour naturally.

During the time you are at home, you can do things as you would normally, for example, showering, having a bath or walking. However, please avoid having sex. After going to the toilet please wash your hands, make sure the catheter is clean and change underwear regularly.

Please phone the Triage number if you have any of these so that a midwife can give you advice:

1. Bleeding from the vagina
2. Contractions
3. Concerns about the baby's movements
4. You feel unwell
5. The waters around the baby break
6. The Cook® balloon catheter falls out

What happens when the Cook® balloon catheter is removed?

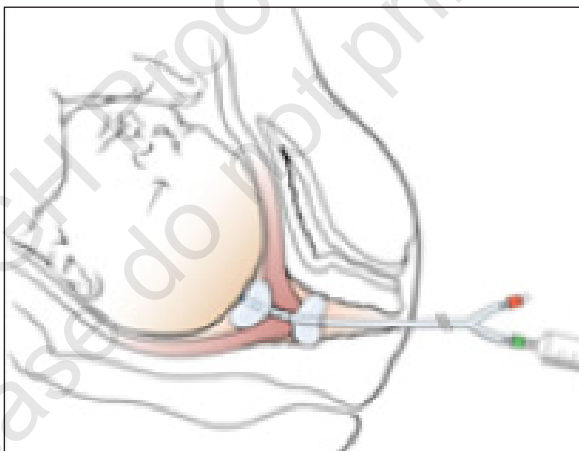
The Cook® balloon catheter may fall out by itself as the cervix opens or if you go into labour. Alternatively, it will be taken out 12 hours later. The midwife will remove the water inside the balloon using a syringe at the outside end of the catheter, and then gently pull the tube out. After this, the midwife will break your waters and then if your contractions do not start by themselves, a hormone 'drip' will be used to start your labour.

What if I don't want a Cook® balloon catheter induction?

The standard treatment will continue to be available and you may choose to have medication (prostaglandin pessary, such as Propess®) to open the cervix. For more details, please read the Induction of Labour leaflet.

What are the complications or risks?

The procedure can be uncomfortable but it should not be painful. There is a very small risk of infection.



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Useful websites

www.nhs.uk

www.northamptongeneral.nhs.uk

Other information

Northampton General Hospital operates a smoke-free policy. This means that smoking is not allowed anywhere on the Trust site, this includes all buildings, grounds and car parks.

Leaflets, information, advice and support on giving up smoking and on nicotine replacement therapy are available from the local Stop Smoking helpline on 0845 6013116, the free national helpline on 0300 123 1044, email: smokefree@northnorthants.gov.uk and pharmacies.

Car parking at Northampton General Hospital is extremely limited and it is essential to arrive early, allowing ample time for parking. You may find it more convenient to be dropped off and collected.

This information can be provided in other languages and formats upon request including Braille, audio cassette and CD. Please contact (01604) 523442 or the Patient Advice & Liaison Service (PALS) on (01604) 545784, email: ngh-tr.pals@nhs.net

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www.northamptongeneral.nhs.uk

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