



**Time of CRIB placement:** \_\_\_\_\_

**Scheduled induction time:** \_\_\_\_\_

**Location: Prentice Women's Hospital**

**250 E Superior St Chicago, IL 60611**

**Northwestern OBGYN Consultant, LLC**

**Office Phone: 312-642-9844**

## **Outpatient Cervical Ripening Balloon Instructions**

A cervical ripening (CRiB) was placed in your cervix at this visit. This balloon will get your cervix ready for your labor induction.

When the balloon is in place, you may have cramping, pelvic pressure or feel like you need to urinate more often. You may start having contractions, some of which may be painful. You may have vaginal bleeding (usually light or just spotting.) These symptoms are good signs that the balloon is doing its job.

You can eat and drink normally with the CRiB in place, and you should try to rest (or distract yourself) as much as possible. The CRiB does not affect your ability to use the restroom normally. Take a walk, watch a movie or have a meal.

The CRiB will remain in place for a maximum of 24 hours. Don't be surprised, however, if it falls out prior to that time. If this occurs, you will simply remove the tape and throw the CRiB in the garbage.

Regardless of whether the CRiB falls out or remains in place, you will come to Prentice Women's Hospital at the time of your scheduled induction (unless any signs of labor, rupture of membranes or any concerning clinical changes or your induction is delayed by the hospital.)

### **A Note on Fetal Movement**

If you feel like the baby is not moving, then you should do a "Kick Count." Lay down on your left side and pay attention to the baby's movements with no distractions, then count each movement (roll, kick,

punch.) Most patients can get to 10 movements in 30 minutes but you can give the baby up to 1 hour to get to 10 movements (sometimes baby is sleeping.) If you can't get to 10 movements in 1 hour, you should come to OB triage for evaluation.

### When to Call or Come In

If you experience any of the following, please call our office at 312-642-9844 to page the on-call doctor or present to OB triage on the first floor of Prentice Women's Hospital for evaluation.

- Heavy vaginal bleeding (soaking a pad over 2 hours)
- Severe or worsening pain
- Concern that your bag of water has broken (big gush or ongoing trickling of watery fluid)
- Decreased fetal movements (see kick counts as above)
- Fever (Temperature greater than 100.4F)
- Signs of labor after the balloon is out (regular, painful contractions lasting for 1 minute and occurring every 5 minutes for at least 1 hour)

