**Patient Information: Foley Bulb Induction**

Your health care provider has decided it is time to induce labor but your cervix isn't quite ready. The Foley bulb is a way of getting the cervix ready without using any medication. A small, flexible tube is placed into your cervix and the balloon is inflated to put pressure on the cervix and help it to start dilate (open up).

After you have had your baby monitored and a bedside ultrasound, the Foley bulb will be placed. Once it is placed you will be monitored for 1 hour before going home with it inside. It will be supported by your underwear and you can walk and use the restroom as normal.

By placing the Foley bulb there is a slight chance of:

- Breaking your water (Rupture of membranes)
- Bleeding from placenta or cervix
- Fever

**Is the Foley bulb painful?**

You may experience some crampy pain in the lower abdomen, back ache or low-intensity contractions. There is a section in this handout devoted to ways of managing your discomfort during this time. You will be offered medication if you need it.

**How long does the Foley bulb stay in place?**

It stays in the cervix until it falls out when your cervix gets to be about 2-3 cm dilated or when you come back in this evening. It may fall out when you are walking around or using the bathroom and this is alright.

**When do I return to the hospital?**

You should return immediately if:

- Your water breaks
- You have bleeding that's more than spotting
- You have strong, regular contractions that are closer than 5 min apart
- You have decreased or no fetal movements

Alternatively, return to the Maternity Building between 9PM and 11PM as scheduled.

If you have any questions at any time you can reach the doctor directly by calling (302) 733-2583 and ask to speak with doctor and let them know you have a Foley bulb inserted.

**What happens if there is no change to my cervix?**

You will be admitted to labor and delivery, and your healthcare team will evaluate the situation and determine what other methods are best to induce your labor.
What can I do at home if I feel uncomfortable with early labor contractions or back pain?

You may experience backache, aching in your lower tummy, cramps, or low-intensity contractions. The following tips may help:

- Distract yourself. You can go for a gentle walk, hang around the house, play with your other children, or sit on a birthing ball watching a DVD. Rest and save your energy for labor.
- Warm those tender spots. Use a hot water bottle or a wheat bag heated in a microwave on your lower back.
- Have a warm bath or shower. Warm water can help relax you and ease the pain of contractions. Try lying on your side on towels or a non-slip bath mat in the tub. Pour warm water over you.
- Slow, steady, rhythmic breathing can help your body relax and distract you from labor pain. Breathing techniques can help reduce feelings of nausea (being sick to your stomach) or dizziness which may be experienced during childbirth. They also allow more oxygen to get to you and your baby.
- Massage can help soothe your muscles and back pain. You can massage yourself by gently rubbing your belly. Your partner or labor coach can give you a massage. You may find that using counter-pressure (having a partner push hard on a tense muscle) on an area like the lower back can relieve tension. Warming the muscle with a hot towel and use oil or lotion to help your hands to move smoothly across the skin.
- Try different positions. Sitting up may be most comfortable. Sit on a birthing ball (large rubber ball). Get on your hands and knees (this can be very helpful if your back hurts). Squatting may help, and rocking back and forth may also provide comfort.
- Use relaxation techniques to help release tension and pain. There are two kinds of relaxation techniques:
  - Progressive relaxation. This is when you relax groups of muscles one at a time.
  - De-chill relaxation. This is when your support person touches or massages a certain group of muscles, helping you focus on relaxation.
- It also helps to be in a quiet space, stand, sit or lie in a comfortable position, breathe slowly and deeply, focus on the areas of your body where you feel the most tension and try to relax there.
- Meditation may help you manage pain by focusing on a certain object, picture or sound. By concentrating on one main thing, you can help your mind think about something other than pain. To use meditation, focus on a picture or image. Or focus on a certain word and repeat it over and over to yourself. It's okay if you become distracted. Just try bringing your mind back to the focal point.
- Guided imagery is picturing yourself in a comfortable, relaxing place, like in a park or at the beach. When using guided imagery focus on the details of the place you're imagining—the air, the smells, the sounds, etc. Let your body relax as your mind takes you to the place. Play soft music or other sounds that may help you feel like you're really there.

Doing all these things can help ease labor to move on to active labor. Listen to your body. Experiment with positions that you find comfortable and do what feels right, whether it's getting rest or moving around.