You have a catheter in your cervix to help prepare it for labor. You and your provider have decided that you can go home during this first part of your labor induction.

**Please follow these instructions carefully.**

1. Do not pull on the catheter. Keep the tube taped to your leg. If the tape falls off, do not worry.
2. Do not take a bath.
3. You may shower. Be careful when cleansing yourself to avoid pulling   
   the catheter out.
4. Do not have sex.
5. You may have some bloody mucous discharge. This is normal.
6. If the catheter falls out, do not worry.   
   This means it has done its job and has softened the cervix. You may remove   
   the tape and throw the catheter away.
7. Drink fluids and eat. Rest, and try to get   
   a good night’s sleep.

**Call Labor and Delivery at 415-206-8725 if:**

* you have concerns or questions
* your bag of water breaks
* you have a fever over 100.0F or chills
* you bleed more than a small amount   
  from your vagina
* you have regular, painful contractions at least every five minutes
* your baby is moving less than normal

Please return to the Birth Center (Labor and Delivery) on

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(date)

at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(time)

**Someone has explained the above instructions to me and I understand them. I have received a copy of these instructions.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CNM or MD Signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date