

Useful contacts

Wharnccliffe Ward 24 hours

Telephone 01709 424348

Labour Ward 24 hours

Telephone 01709 424491

Midwifery Triage 7am - 7pm

Telephone 01709 427700

Greenoaks

Monday to Friday 9am - 5pm

Telephone 01709 424513

Community Midwifery Office

Monday to Friday

9.00am to 4.00pm

Telephone 01709 424058

Rotherham Hospital Switchboard

Telephone 01709 820000

Useful websites

www.therotherhamft.nhs.uk/sexualhealth

www.fpa.org.uk

www.nhs.uk

www.gov.uk

www.patient.co.uk

We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the team below

✉ Patient Experience Team

The Rotherham NHS Foundation Trust

D Level, Rotherham Hospital, Moorgate Road

Rotherham, S60 2UD

☎ 01709 424461

Monday to Friday, 9.00am until 4.00pm

Email your.experience@nhs.net

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Bring your medicines when you come into hospital

Prescription medicines • Medicines you have bought
Alternative & herbal medicines • Inhalers



If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed below or via contacting our translation service which can be accessed through the Hub.

Easyread websites

www.easyhealth.org.uk

www.friendlyresources.org.uk

www.easy-read-online.co.uk

Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

کوردی سۆرانی
نەگەر تۆ یان کەسێک کە تۆ دەبناسی پێویستی پێیارمەتی هەبێت بۆ ئەوەی لەم بەلگەنامە یە تێبگات
یان ببخوینێتەوه، تکلیه پەویەندیمان پێوه بکە لەسەر ئەو ژمارە یە سەر وەدا یان بەو نێمە یە.

Arabic

عربي
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

أردو
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.



Obstetrics & Gynaecology

patient information

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk



LS 09/2021 V1 Jones and Brooks
Sustainable Forests / Low chlorine



The Rotherham
NHS Foundation Trust

If you are not suitable for balloon induction, you might be offered Dilapan method of induction. It has minimal side effects and unlike the pessary does not need close monitoring.

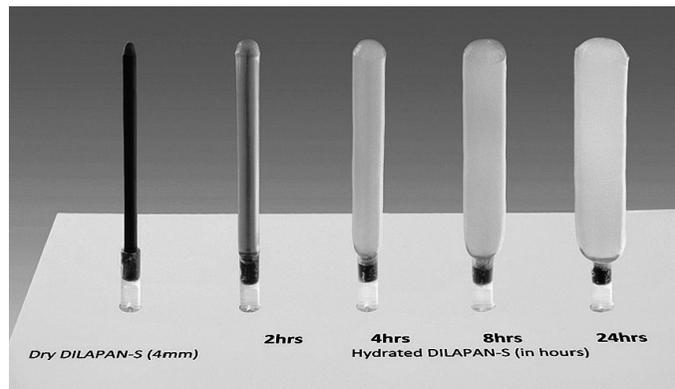
How does DILAPAN-S® work?

Dilapan is a small synthetic rod made of hydrogel (a gel in which the liquid component is water). It does not contain any chemicals or hormones.

The procedure involves inserting 3-5 rods into your cervix (neck of the womb). These rods act by absorbing the fluid from the cervical tissue. This helps soften the cervix and helps it dilate gradually.

The procedure involves mother lying on her back with legs up for a short time. A sterile instrument (speculum) is inserted into the vagina to visualise the cervix, which is then cleaned with antiseptic, and the rods are inserted.

It is a non-hormonal method and the possibility of strong uterine contractions is very low.



This is how a DILAPAN-S® rod looks like over a time period of 24 hours.

Can I have DILAPAN-S® if I have any medical condition or I have had a previous Caesarean section?

Yes. Cervical ripening with Dilapan-S® is usually gentle and gradual and will not cause your womb to over-contract or cause your baby to get distressed. It has no drug within it. Hence it is safe if you have any medical conditions or a previous C-Section.

How will DILAPAN-S® be inserted? Is it painful?

DILAPAN-S® is inserted into your cervix during a vaginal examination with a speculum. It will take approximately 5-10 minutes. The procedure can be a bit uncomfortable, but generally it is well tolerated by most patients.

Shortly before and after the procedure, your baby's heartbeat will be monitored. Some minor bleeding might occur during or after insertion; this is common and should not be a concern.

Which regular activities can/cannot be done with DILAPAN-S® inserted?

Inserted DILAPAN-S® does not limit your regular activities. You can go to the bathroom, shower normally and perform your normal daily activities. You will need to avoid sitting in a bath tub and vaginal douching while the rods are in place.

Most women can relax or sleep during cervical ripening as there is a low rate of uterine contractions.

If there is any excessive bleeding, pain or other concerns that occur during the ripening process, please report that to midwife immediately.

Under no circumstances should you try to remove the rods yourself.

When will DILAPAN-S® be removed and what occurs after the removal?

The DILAPAN-S® rods should be removed within 12-15 hours of insertion. Your clinician will perform a vaginal examination, remove the DILAPAN-S® and determine if your cervix has sufficiently dilated.

If your cervix has sufficiently dilated and is favourable, the membranes are broken artificially. After that, we will wait for 1-2 hours to see if contractions start naturally on their own.

If contractions have not started after this period, an oxytocin infusion may be started at this stage.

If your cervix has not sufficiently dilated you may need further dilapan ,balloon or proppes.

What if I have any questions?

If you have any questions, please ask to speak to a midwife or a doctor.