

Cervical Ripening with Prostaglandin Gel

What should I expect after the gel is inserted?

Each woman is different. Some of the feelings may begin right away and some may take some time or a few doses before feeling anything.

You may feel:

- a slight backache (This is normal)
- cramps (This is normal)
- contractions – when your contractions become very regular or if they are too painful, please come back to the Assessment Area
- mild stomach upset or diarrhea – call the hospital if this becomes too severe or if you are concerned

Eating or Drinking

You can eat or drink whatever you feel you like. If you have any effects from the gel a lighter meal is recommended.

Come to the Assessment Area right away if you have any of the following:

- vaginal bleeding
- ruptured membranes (your water breaks)
- severe contractions
- you feel unwell

If you have any questions call: 905-522-1155 x 33251

Your next dose of gel is due at _____. Please return to the Antenatal Assessment Area.

**Antenatal Assessment Unit
Level 2 Bishop Dowling Wing
St. Joseph's Hospital**