



## Going Home with a Balloon Catheter

### What is a balloon catheter induction?

A balloon catheter is a more gentle way of starting your labour as the balloon sits inside your cervix and slowly applies pressure which softens and shortens your cervix.

It should not be painful but you may feel the pressure on your cervix. You may have some mucus discharge or start to feel mild contractions, mild back pain or mild lower abdominal pain.

You can move around freely, go to the toilet, and have a shower with the catheter in place.

Usually when your cervix starts to open the balloon catheter falls out naturally, but if it does not fall out it will be removed by the maternity unit staff when you return.

### Can I go home?

You can go home with the catheter in place, but to do this you must:

- Have no complications
- Have a support person with you at all times
- Have access to a phone and a car
- Be only a short distance (less than 30 minutes in traffic) from the hospital

### What should I look out for?

Please contact the maternity unit on the number below if you experience any of the following and make sure you let the staff know you are being induced with a balloon catheter:

- A change in your baby's movement pattern
- Regular painful contractions
- The balloon catheter falls out
- Vaginal bleeding
- Your waters break
- You feel unwell
- You would prefer to be in Birthing Suite
- You have any concerns or need some advice

**North Shore Maternity Unit – 09 486 8915**

**Waitakere Maternity Unit – 09 837 6605**

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