



the
Chickasaw
Nation

The Chickasaw Nation Medical Center

Women's CLINIC

ISHKI' INCHOKMISHTO'
(HEALTHY MOTHERS)

INDUCTION OF LABOR AND CERVICAL RIPENING WITH ORAL MISOPROSTOL (CYTOTEC®)

Preparing the cervix for labor is called cervical ripening. The cervix is the lower part of the uterus (womb) that opens at the top of the vagina.

Ripening the cervix is a process that helps the cervix soften and thin out in preparation for labor.

Medications such as misoprostol (such as Cytotec*) may be used to soften the cervix so it will stretch (dilate) for labor.

WHAT IS MISOPROSTOL?

- Misoprostol (such as Cytotec*) is a pill that contains a medication called prostaglandin E1.
- Prostaglandin E1 softens the cervix to get it ready for labor and to cause labor contractions. Cytotec® is the brand name of this medication.
- Misoprostol is taken by mouth. It can be taken every four hours, if needed. You may need to take multiple doses.
- Your doctor or midwife will talk with you about whether misoprostol for is right for you.

WHAT SHOULD I EXPECT WHEN I GET MISOPROSTOL?

Your doctor or midwife will talk with you before you get misoprostol. Your blood pressure, temperature, pulse and breathing will be checked. You may have blood work done. Your baby's heart rate will be monitored for 30 minutes to make sure it is normal.

- Misoprostol is taken by mouth with a glass of water. It is important to swallow the pill quickly before it dissolves (falls apart) in your mouth.

After you take misoprostol, we will monitor your baby's heart rate and any contractions for 30 minutes to 2 hours. After that time, if you and your baby are well and you are not in active labor, your health care team may decide you are ok to return home.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF MISOPROSTOL?

A small number of people using misoprostol will have a fever, nausea (feeling sick to your stomach), vomiting (throwing up), or diarrhea (loose, watery poop). Some people (1-2%) may have excessive (a lot of) contractions. These may or may not affect your baby. Your health care team will need to be notified if this occurs.

TELL A MEMBER OF YOUR HEALTH CARE TEAM IF:

- You have regular contractions 5 minutes apart or less.
- You have vaginal bleeding (like a period).
- You think your water has broken.
- You feel your baby's movements have changed (either more or less).
- You have concerns and are not sure what to do.
- You start experiencing severe pain.
- If fever higher than 100.5F develops.

*If you have questions or concerns call the **Women's Clinic** at (580) 421-6200, Monday-Friday 8 a.m.- 5 p.m. You can also call the **OB department** 24 hours a day, seven days a week at (580) 421-6206.*

***The Chickasaw Nation does not prefer the brands of medication listed above. The brand names are included in this document for reference and educational purposes only.**