

Cervical Ripening Balloon (CRIB) Placement

A cervical ripening balloon (CRIB) was placed in your cervix at this visit. This balloon will get your cervix ready for your labor induction. Please be sure you understand these instructions for your care before you leave the physician's office.

CRIB placement: Date _____ Time _____

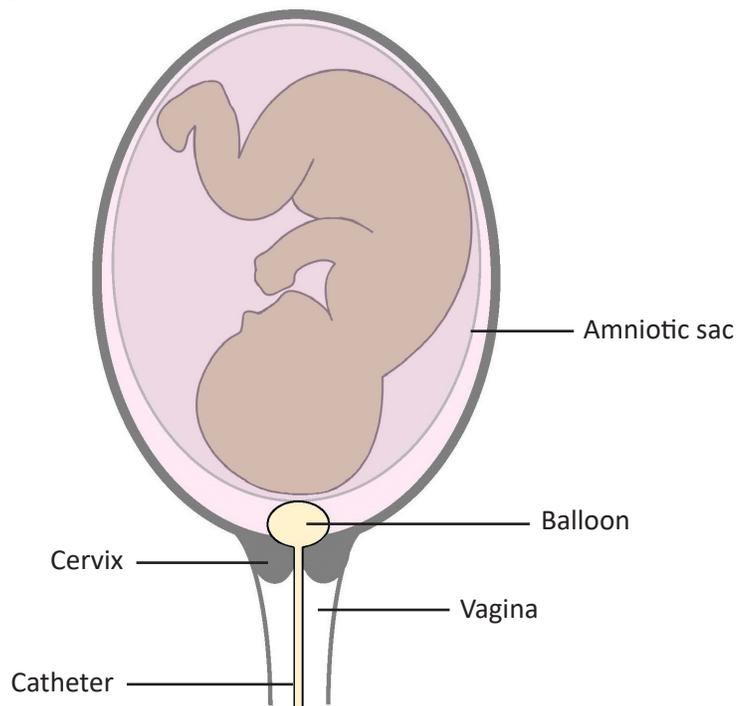
Scheduled induction: Date _____ Time _____

Induction location: Prentice Women's Hospital
Obstetrical (OB) Triage Unit, 1st Floor
250 East Superior Street
Chicago, Illinois

What to expect

After the CRIB is in place (Figure 1), you may have cramping, pelvic pressure or feel like you need to urinate more often. You may start having contractions, some of which may be painful. You may have vaginal bleeding (usually light or just spotting). These symptoms are good signs that the CRIB is doing its job.

Figure 1. Position of CRIB in cervix.



What to do

You can eat and drink normally with the CRIB in place, and you should try to rest (or distract yourself) as much as possible. You can also use the restroom normally. Take a walk, watch a movie or have a meal.

The CRIB will remain in place until you come to the hospital for your induction. It may fall out on its own before then. If this happens, you will simply remove the tape and throw the CRIB in the garbage.

Regardless of whether the CRIB falls out or remains in place, come to Prentice Women's Hospital at the time of your scheduled induction unless you have any signs of labor, rupture of membranes or other concerns before that time.

Fetal movement

If you feel like your baby is not moving, do a "kick count":

1. Lay down on your left side.
2. Relax and pay attention to your baby's movements with no distractions.
3. Count each movement such as kicks, rolls and punches.
4. You can usually count 10 movements in 30 minutes, but you can give your baby up to 1 hour to get to 10 movements (sometimes the baby is sleeping).

If you cannot count 10 movements in 1 hour, come to the OB Triage Unit for evaluation.

When to call your physician

Contact your physician if you have any of these symptoms:

- Heavy vaginal bleeding (soaking 1 pad over 2 hours)
- Severe or worsening pain
- Decreased fetal movement (less than 10 movements in 1 hour)
- Concern that your bag of water has broken (a big gush or trickling of watery fluid)
- Signs of labor after the balloon is out, such as regular, painful contractions lasting 1 minute and happening every 5 minutes for at least 1 hour
- Temperature greater than 100.4 degrees F

Contact information

If you have any of the above symptoms, please call our office at 312.695.7382. You will speak with the answering service who will connect you with a triage nurse or page the on-call physician. They will have you come to Prentice Women's Hospital Obstetrical Triage Unit (located on the 1st floor of the hospital), if necessary.

- For all other questions, call our office at 312.695.7382.
- Submit messages that are not urgent, such as paperwork requests, through the MyNM patient account portal. We may take 2 business days to respond to MyNM messages. MyNM should be used for non-urgent messages only.
- **For all emergencies, call 911.**