Balloon catheter

Indications
- MBS ≤ 6
- Previous CS
- Following dinoprostone if no/minimal effect on cervical ripening and ARM not technically possible
- Reduced risk of uterine hyperstimulation is desirable

Contraindications
- Ruptured membranes
- Undiagnosed bleeding
- Simultaneous use of prostaglandins
- Low lying placenta
- Polyhydramnios
- Abnormal FHR auscultation or CTG

Relative contraindications
- Antepartum bleeding
- Lower tract genital infection
- Fetal head not engaged (4/5 or 5/5 above pelvic brim)

Insertion procedure
- Pre catheter insertion:
  - Ensure pre IOL assessment complete
  - Encourage to empty bladder
  - Performed by medical or midwifery staff:
    - Contact a more experienced clinician if two unsuccessful attempts
- Inflate balloon catheters with sterile water or 0.9% sodium chloride:
  - Double balloon: 80 mL each balloon
  - Single balloon: 30–80 mL
- Document inflation volume

Post procedure observation and care
- Pulse, BP, FHR, uterine activity, engagement of fetal head and vaginal loss
  - Immediately, and repeat at 30 minutes
  - Medical review if malpresentation or fetal head 5/5 palpable after insertion
  - CTG not required (unless other indications)
- If observations normal, no contractions and not otherwise indicated, ongoing care as for latent first stage of labour
- Assess for/ask about discomfort

Insertion procedure

1. **Pre catheter insertion:**
   - Ensure pre IOL assessment complete
   - Encourage empty bladder
   - Performed by medical or midwifery staff:
     - Contact more experienced clinician if two unsuccessful attempts
2. **Inflate balloon catheters with sterile water or 0.9% sodium chloride:**
   - Double balloon: 80 mL each balloon
   - Single balloon: 30–80 mL
3. **Document inflation volume**

Post procedure observation and care

- **Observations abnormal?**
  - Labour commenced?
    - **Yes**
      - SROM? (Spontaneous rupture of membranes)
        - **Yes**
          - Catheter out?
            - **Yes**
              - Observations abnormal?
                - **Yes**
                  - Labour commenced?
                    - **No**
                      - **No**
                    - **Yes**
                      - **Yes**
                        - Labour care (Birth Suite)
                          - Ongoing care as indicated
                        - **Continue IOL**
                          - **Obstetric review**
                            - Consider:
                              - Dinoprostone, or
                              - Reinsert catheter after 24 hours
          - **No**
            - **Yes**
              - 12 hours after insertion:
                - (Do not leave catheter in situ longer than 18 hours)
                - Reassess in birth suite
                - Recommend ARM
        - **No**
          - **Yes**
            - Labour commenced?
              - **No**
                - **No**
              - **Yes**
                - **Yes**
                  - ARM successful?
                    - **Yes**
                      - Labour care (Birth Suite)
                        - Ongoing care as indicated
                    - **No**
                      - Continue IOL
                        - **Obstetric review**
                          - Consider:
                            - Dinoprostone, or
                            - Reinsert catheter after 24 hours

Moderate or severe discomfort?

- **Yes**
  - Labour commenced?
    - **No**
      - **Reduce balloon volume**
        - Remove 10 mL from each balloon
        - Reassess and repeat to a minimum of 50 mL of residual volume in each balloon
        - Document volume removed
      - **No**
        - **Moderate or severe discomfort?**
          - **Yes**
            - If not in labour, offer analgesia and sedation
          - **No**
            - **Ongoing pain/discomfort?**
              - **Yes**
                - Labour care (Birth Suite)
                  - Ongoing care as indicated
              - **No**
                - **Labour care (Birth Suite)**
                  - Ongoing care as indicated

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**ARM** Artificial rupture of membranes; **BP** Blood pressure; **CS** Caesarean section; **CTG** Cardiotocography; **FHR** Fetal heart rate; **IOL** Induction of labour; **MBS** Modified Bishop Score; **SROM** Spontaneous rupture of membranes; ≤ less than or equal to