



# Induction of labor begins with Dilapan-S®

..... INFORMATION FOR PATIENTS .....



## WHAT IS DILAPAN-S USED FOR?

Dilapan-S can be used to soften and dilate the cervix (called “cervical ripening”) when your OB/ GYN healthcare provider recommends the need for cervical ripening to prepare for labor induction or gynecological procedures that require cervical preparation. Dilapan-S rods should not be left in place for longer than 24 hours. Under no circumstances should you try to remove the Dilapan-S rods yourself.



# Prepare. Getting your cervix ready for childbirth

A dilated cervix is an important part of labor. During induction of labor your cervix will need to soften and dilate. This is called cervical ripening.

## THE CERVICAL RIPENING PROCESS

Your cervix has worked to keep your baby safe and sound in your womb.

Now that your baby is ready to be born, your cervix has a new job:



1. SOFTEN



2. THIN (EFFACE)



3. OPEN (DILATE)

### WHO SHOULD NOT USE DILAPAN-S®?

Talk to your healthcare provider about treatment options and potential risks associated with using Dilapan-S for planned induction of labor. Dilapan-S should not be used if you have an obvious infection in the genital area.

Please see Important Safety Information throughout, and Instructions for Use.

# Trust.

You can feel confident  
using Dilapan-S®

## Why Dilapan-S?

CLEARED BY THE FDA FOR USE  
DURING INDUCTION

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DOES NOT CONTAIN DRUGS  
OR MEDICATIONS

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ENCOURAGES SUCCESSFUL  
VAGINAL DELIVERY

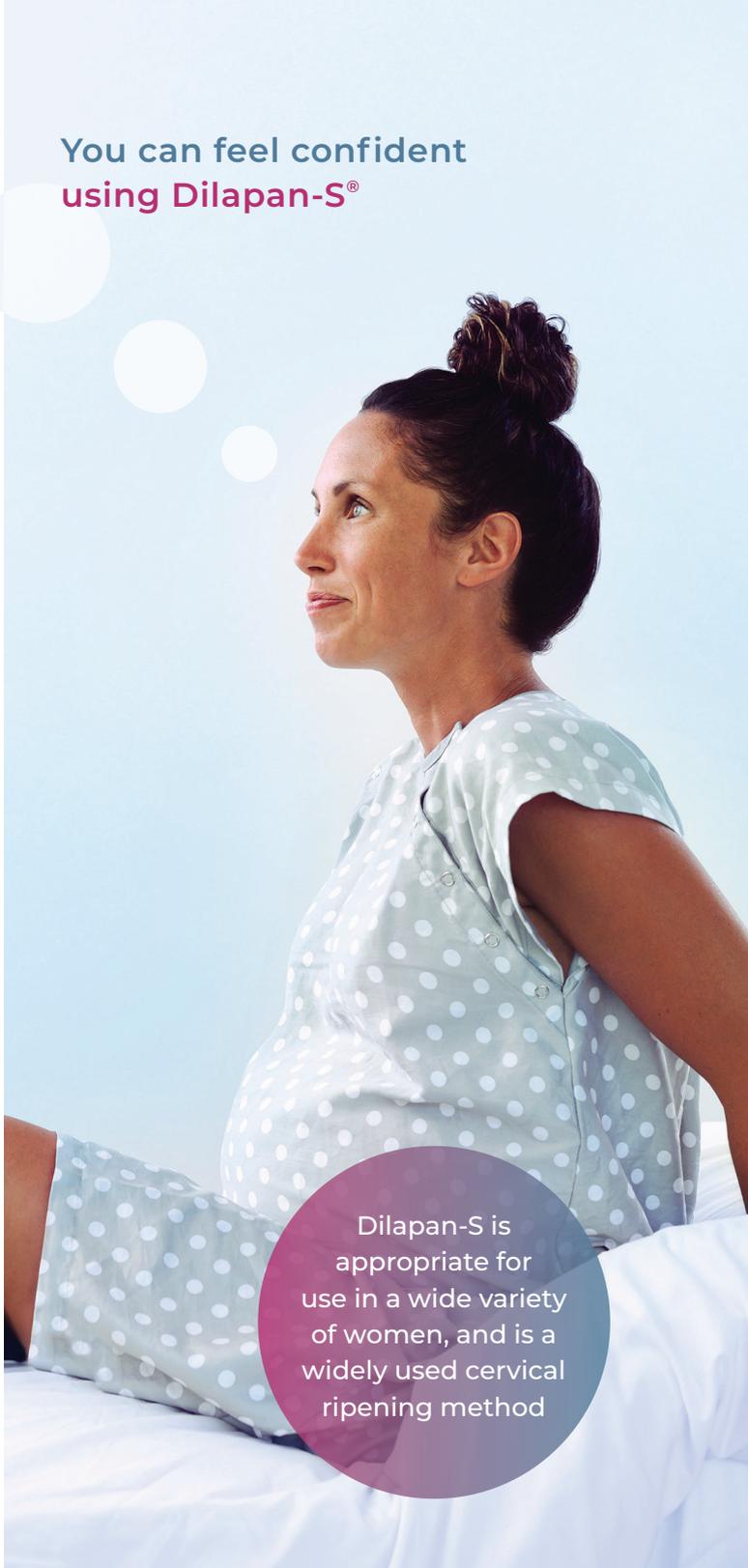
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USED BY MOTHERS AND  
DOCTORS AROUND THE WORLD

## WHAT COMPLICATIONS AND RISKS ARE ASSOCIATED WITH DILAPAN-S?

Talk to your healthcare provider right away if you experience complications such as Dilapan-S falling out, spontaneous rupture of membrane (known as your “water breaking”), or onset of labor. Risks associated with Dilapan-S include cervical tear and Dilapan-S sticking in place or breaking.

Please see Important Safety Information throughout, and Instructions for Use.



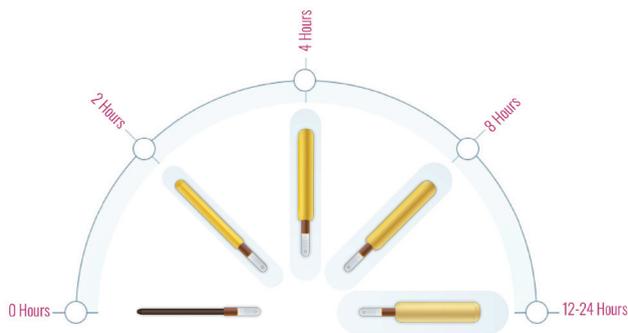
Dilapan-S is appropriate for use in a wide variety of women, and is a widely used cervical ripening method

 Dilapan-S



## Designed to support the natural dilation process, **gently opening the cervix over time**

Dilapan-S® is made from a specially designed material that uses your body's naturally occurring fluid to expand.



 **Dilapan-S®**

## What to expect with Dilapan-S

**STEP 1** Your doctor will carefully place the small Dilapan-S rods (usually 3-5) into your cervix.

**STEP 2** These rods will gradually expand, gently helping your cervix to soften and dilate.

**STEP 3** Your doctor will remove the rods when your cervix is ripe and you will be ready for the next steps in your induction.

### **IMPORTANT SAFETY INFORMATION ABOUT DILAPAN-S**

To avoid risk of injury to the cervix or uterus, careful placement of the rods should be done only by OB/ GYN trained healthcare providers. **DO NOT** attempt to remove the rods by yourself under any circumstances. Return at the scheduled time for your healthcare provider to remove Dilapan-S rods.

Please see Important Safety Information throughout, and Instructions for Use.



Move. With Dilapan-S® you have the freedom to dilate your way

Dilapan-S will gently dilate your cervix without limiting your daily life activities

- Maintain your mobility with confidence. Walk, shower, and stay comfortable while you dilate

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- Depending on your specific situation, your doctor may even allow you to dilate in the comfort of your own home

#### **WHAT SHOULD I AVOID DOING WHILE DILAPAN-S IS IN PLACE?**

After the Dilapan-S rods have been inserted DO NOT take a bath, use a vaginal douche, or have intercourse.

Please see Important Safety Information throughout, and Instructions for Use.

# Relax.

Dilapan-S<sup>®</sup> lets you focus  
on what matters most:  
preparing for your baby's arrival

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- Women who have used Dilapan-S reported better sleep and more time relaxing compared to other cervical ripening methods

## WHAT ARE THE MOST COMMON SIDE EFFECTS ASSOCIATED WITH DILAPAN-S?

After Dilapan-S rods are in place you may experience some minor bleeding or discomfort similar to a gynecologic exam. Talk to your healthcare provider right away if you have excessive bleeding, pain, or fever.

Please see Important Safety Information throughout, and Instructions for Use.

Most women are  
able to sleep  
while Dilapan-S  
helps prepare  
the cervix  
for childbirth

REST UP



# Prepare

your cervix for childbirth with Dilapan-S®

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# Trust

the non-medicated cervical dilator used  
by doctors and moms around the world

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# Move

freely—walk, shower, and  
stay comfortable while you dilate

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# Relax

with cervical ripening that's  
comfortable enough to sleep through

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Visit [DilapanS.com](http://DilapanS.com) today

If you have any questions about Dilapan-S, be sure to discuss them with your healthcare provider. You are encouraged to report negative side effects to the FDA. Visit [www.fda.gov/medwatch/](http://www.fda.gov/medwatch/) or call **1-800-FDA-1088**.