

If you would like to participate in the OBLIGE study, please discuss with your midwife or doctor, and let the staff know when you come to hospital.

### What is the research for?

We think that in the future, women may want to have the opportunity to go home with a balloon for part of their induction—this research will help us find out if this is what pregnant women in New Zealand want, and to make sure it is safe and effective.

This will be the first study in New Zealand that gives women the opportunity to go home with a balloon for part of their induction of labour.

### 1500 women will take part in this study from hospitals around New Zealand.

Half of the women will have a balloon placed and go home, and half will have the hormone gel and stay in hospital.

### Have questions?

#### Independent Health and Disability Advocate

If you have any questions about your rights as a participant in this study  
Free phone **0800 555 050**  
Email [advocacy@hdc.org.nz](mailto:advocacy@hdc.org.nz)

#### Study Midwife

For more information or to ask questions about the study  
Call **021546830**  
Email [oblige@adhb.govt.nz](mailto:oblige@adhb.govt.nz)

You can also find us on Facebook  
[Oblige Study Mums NZ](#)



May 2018 to December 2019

Are you having  
your labour  
induced after  
37 weeks  
pregnant?

Outpatient Balloon vs. Inpatient Gel  
 **Oblige**

Induction of Labour Study in  
New Zealand

We need your help to discover if there is a more woman and whanau friendly approach to induce labour

There are many reasons why pregnant women may need to have their labour induced (started artificially) before labour starts naturally.

The OBLIGE study is comparing two different ways of inducing labour:

1. Visit hospital and have a balloon catheter placed through the cervix to prepare your cervix for labour, then go home for 18-24 hours
2. Have prostaglandin hormone gel placed behind your cervix to prepare your cervix for labour, then stay in hospital

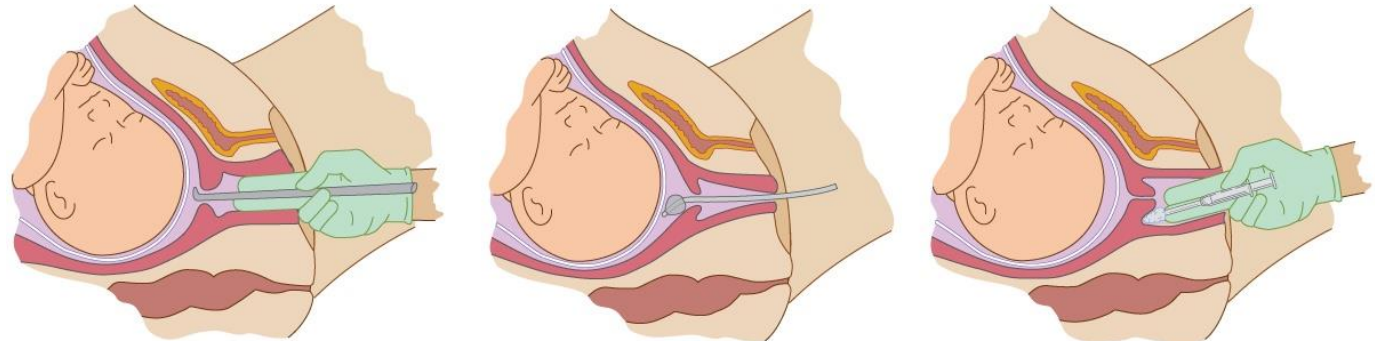
### What is the usual method of induction?

In New Zealand, our usual method of induction is to place one or several doses of prostaglandin hormone gel behind your cervix. This acts to soften your cervix and prepare it for labour. You need to stay in hospital for observation throughout this process.

### What happens?

Induction with a balloon catheter is not new; balloons are already used as an alternative method of labour induction in lots of hospitals in New Zealand and around the world.

1. A soft and flexible catheter is placed into the cervix.
2. The balloon is filled with a little water. This encourages the release of your own prostaglandin hormones to soften your cervix and prepare it for labour.



Artificial rupture of membranes

Balloon catheter

Prostaglandin gel



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### Is it safe?

Several studies have already shown the balloon to be safe, with no risk of hyper-stimulating the uterus, and less chance of bleeding after birth.

Other studies have looked at women going home as part of their induction of labour, and show that women enjoy going home, are able to sleep better, and have less worries in regards to their induction.

### On the day of your labour induction

- You will have further opportunity to discuss the study and ask questions.
- If you agree to participate in the study you will be asked to sign a consent form
- You will then be randomised (**50/50 chance**) to either:
  - Balloon and go home, or
  - Hormone gel and stay in hospital
  - The rest of your care during labour and birth will be the same.