



Laminaria Placement

What is Laminaria?

Laminaria are sterilized, dried seaweed that absorb fluid from the vagina and slowly expand to dilate your cervix (the opening of the uterus). You have had laminaria placed in your cervix in order to gently open your cervix and prevent injury during your surgery or induction.

One or more laminaria have been inserted along with dampened gauze sponges used for extra moisture.



What can I expect after placement of Laminaria?

Some cramping and feelings of fullness are normal. If not allergic, you may take the following medications for this discomfort.

1. Ibuprofen (Advil®, Motrin®)

Rarely, the laminaria may cause a woman to begin to miscarry at home.

Symptoms of miscarriage include:

1. Painful and regular contractions or cramping that are not relieved with pain medication.
2. Heavy, bright red bleeding. May also see large blood clots.
3. Gush of water fluid from vagina (water breaking). Some dampness is to be expected because of the moistened gauze placed.
4. Passing of laminaria, gauze and fetus (please save and bring into hospital with you if possible)

What do I do if they fall out?

Occasionally, some of the Laminaria will fall out on their own. If this happens, do not throw them away. Put them in a bag and bring them back to your

appointment. It is important that we confirm the same number are removed as were placed.

When to I need to call my health care provider?

Call Triage at (734)-764-8134 if you have any of the following:

- any signs or symptoms of miscarriage (described above)
- temperature of more than 100.4F

If you are having a surgical procedure **do not eat or drink anything after:**

(If you are having an induction of labor, you may eat normally until arriving at the hospital.)

Please return to Triage at the following date and time:

When will they be removed?

The Laminaria will be removed immediately before your procedure begins, once they have had time to begin dilating the cervix. You will have already received sedation, so you should not expect to experience any discomfort with the removal of Laminaria.

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Author: Joanne Bailey CNM PhD, Charisse Marie Loder MD, MSc
Reviewers: Barbara Getty CNM MS, Patricia Crane RNC MS

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