

CATHY J BERRY AND ASSOCIATES

EVENING PRIMROSE OIL FOR CERVICAL RIPENING

Evening Primrose Oil is an herbal supplement that has been used for centuries to enhance cervical ripening prior to labor. It will not cause labor to begin. *Start using Evening Primrose Oil at 36 weeks of pregnancy to aid in the ripening of your cervix.*

Evening Primrose Oil can be purchased in the vitamin and health supplement section of many pharmaceutical or department stores in our area. What you will need:

Evening Primrose Oil 500mg gelcaps
Panty liners
A safety pin
Alcohol

Directions: Clean safety pin with alcohol and allow it to dry. Poke one or two holes in one Evening Primrose Oil gelcap. Insert the gelcap into the vagina, deep, near or on the cervix in the morning and at bedtime. Use a fresh panty liner in your underwear to avoid the oil soiling your clothing if the oil leaks out. If you find that too much is leaking out with the morning dose, just do the evening dose.

Your cervical ripening can be further helped by having intercourse and having your partner's semen deposited near your cervix. Intercourse should be completed prior to inserting the Evening Primrose Oil.

You may also take the Evening Primrose Oil by mouth twice a day *IN ADDITION* to placing it near the cervix.

