



Induction of Labor Instructions

What is induction of labor?

Labor induction is the use of medications or a mechanical dilation to start (induce) the process of childbirth.

What happens the day of my labor induction?

- Most labor inductions are started in the evening. We expect that you will arrive in the hospital in the afternoon or in the evening on the date you are scheduled for your induction. Occasionally the morning or afternoon is light enough that patients for induction of labor can be brought in to the hospital earlier in the day. The charge nurse will call you if we are able to have you come in earlier than planned.
- The charge nurse in Von Voigtlander Women's Hospital will call you between 4pm and 6pm on the day of your induction. She will tell you what time you should arrive at the hospital. It is very likely that you will not arrive until after 7pm.
- Eat breakfast, lunch and dinner on the day of the induction and keep yourself well hydrated throughout the day.

What can I expect when I arrive at the hospital?

- When you arrive at the hospital go to Women's Triage on the 9th floor, where you will sign in, and then be escorted to your room.
- Once you are in your room, you will have an IV started and blood drawn. The nurse and doctor or midwife will make an assessment of you and your baby, plan your care and answer any questions you may have about the induction process.
- There are three types of medication to induce labor, you may have one or both.
 - Oxytocin (Pitocin) is given by IV in small doses to make your uterus contract.
 - Misoprostol (Cytotec) is a pill dissolved in the mouth or the vagina. It will soften the cervix and also start contractions
 - Dinoprostone (Cervidil) is placed in the vagina to soften the cervix and start contractions.

- We also often use a transcervical balloon catheter (foley balloon) placed in the cervix to help with dilation. When possible we encourage using this along with oxytocin or misoprostol.

You may have one or several methods to start your labor. Your doctor or midwife will discuss with you which procedure would be appropriate for your particular needs.

- We will be watching you and your baby continuously with a fetal monitor. We will encourage you to change positions frequently and you may get up to go to the bathroom.
- You may drink beverages and snack on foods without animal protein or fat during your induction.
- An induction may take over a day to start labor.

What to expect if you need to reschedule my induction?

We are not able to predict how many labor patients or births we are going to have on any given day. There are days when we do not have enough hospital beds available for our patients who are scheduled for a procedure like a labor induction.

When this happens and we need to cancel your induction, the Von Voigtlander charge nurse and your doctor or midwife will decide on another date for your induction. We appreciate your understanding in this situation since we all want you to have a safe and healthy childbirth experience with us.

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