



# Induction of Labor Instructions

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## 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?

- Your labor induction is scheduled, but your arrival time is not firm. Most inductions will start in the afternoon or in the evening. Your arrival time will be determined on the day of your induction. The time will be based on how many people are laboring in the Birth Center on that day
- The charge nurse in Von Voigtländer Women's Hospital will call you on the day of your induction. She will tell you what time you should arrive at the hospital.
- 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:
  - 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 closely 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 should I 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 postpone 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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