

Women's Hospital Birth Center
(ウーマンズバースセンター)
1500 E. Medical Center Drive
Ann Arbor, Michigan 48109-0256
バースセンター看護室 (734) 764-8134英語

Scheduled Induction of Labor Instruction Sheet (Japanese)
誘発分娩に関する説明書

Your induction has been scheduled for: _____ (date).
あなたの分娩は _____ (日時/Date) に予定されています。

Evening before your labor induction: 誘発分娩前夜

1. You will receive a phone call from a Birth Center nurse who will review with you what you can expect to happen on the day of your labor induction. She will also answer any questions you have about your induction or hospital stay.

誘発分娩予定日前夜に、バースセンターの看護婦（英語）から直接自宅に電話があり、翌日の入院手順について説明があります。また、質問があればそれにお答えします。

2. You may eat your normal diet the day before and day of your induction unless we tell you otherwise.

予定日の前日及び当日は、特別に指示がない限り普通どおり食事をして構いません。

Day of your labor induction: 誘発分娩当日

1. Please bring this information sheet with you to the hospital. Give it to the triage clerk when you arrive.

入院時にはこの説明書を持参し、バースセンター看護室（Triage）の事務員に渡して下さい。

2. Most labor inductions are started in the evening. We expect that you will arrive in the hospital in the late 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. You will be called by the charge nurse if we are able to have you come in earlier than planned.

誘発分娩は、大抵夕方から夜にかけて行われます。誘発分娩予定日は通常午後遅くに入院となりますが、午前中や午後早めの時間に空きがあればその時間に入院となることもあります。その場合には、婦長から直接自宅に電話があります。

3. The charge nurse in the Birth Center will call you between 4pm and 6pm. She will tell you what time you should arrive in the Birth Center. It is very likely that you will not arrive until after 7pm. Remember to eat breakfast, lunch and a light dinner, as well as keeping yourself well hydrated throughout the day.

午後4時～6時の間に、バースセンター婦長より電話で何時に入院になるかの連絡があります。入院は7時以降になる場合が殆んどです。朝食、昼食、軽めの夕食を摂り、当日は水分を充分摂取するように朝から心がけて下さい。

4. When you arrive at the hospital please come to the Triage window, where you will sign in, and then be escorted to your room. Triage is located on the 4th floor of Mott Hospital. Enter the Mott lobby and locate the admission desk (across from Big Bird). The Women's Hospital Birthing Center elevator is located in the corner to the right of the admission desk. Take the elevator to the 4th floor and you will come out at the Triage waiting room.

入院時は、Mott Hospital (モット病院) 2階のロビーから入り、Admission Desk と呼ばれる受付 (ビッグバード人形の向かい) をまず探して下さい。バースセンターへのエレベーターはAdmission

Desk右側にあります。エレベーターで4階まで行くとバースセンター看護室受付 (Triage) がありますので、Sign In用紙に患者本人の名前を記入して下さい。

5. 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 still have about the induction process.

入院後は、点滴が開始され採血が行われます。看護婦、医者、あるいは助産婦が母体と胎児の状態を診察し、誘発分娩に関する詳細を説明するとともに質問があればそれにお答えします。

6. One of two procedures will be used to induce your labor. Pitocin is given by IV in small doses to make your uterus contract. Medications called Cytotec or Cervidil are placed in the vagina to soften the cervix. They also sometimes start contractions. Your doctor or midwife will discuss with you which procedure would be appropriate for your particular needs.

分娩を誘発する方法には2通りあり、どちらか適切な方が選ばれます。1つは、Pitocin

と呼ばれる薬を点滴から入れ子宮収縮を起こす方法と、もう1つは、Cytotec又はCervidilという薬を膣から挿入し子宮頸部を柔らかくし陣痛を引き起こす方法です。各患者に適切とみなされる方法について医師から説明があります。

7. A fetal monitor will be used continuously to allow us to keep watch of you and your baby. This will mean that you are going to be in bed or sitting in a chair most of

the time. You will be encouraged to change positions frequently and you may get up to go to the bathroom.

分娩中は母体及び胎児の状態を観察するため、分娩監視装置を装着します。そのため、

ベッド上で横になるか座ったままでいることが多くなりますが、頻繁に体位を変えたり、おトイレに立っても構いません。

8. You may drink water and clear beverages during your induction.

誘発中は、水分（水、又は透き通った飲み物）に限り摂取しても構いません。

If we need to reschedule your labor induction: 予定変更が必要になった場合

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 Birth Center charge nurse and your doctor or midwife talk and 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.

バースセンターでは日によってスケジュールが著しく変化しますので、病棟のベッドが不足している場合など、予定された分娩が別の日に変更される可能性もあります。婦長、医師、助産婦が予約変更について相談し安全に健康な赤ちゃんを出産出来るよう最善の努力をさせていただきますので、ご理解頂けますようお願い申し上げます。

Finally: 最後に

If you have questions or concerns about anything in this information sheet, you may call the Triage nurse at 734-764-8134.

この説明書に関してのご質問はTriage (734) 764-8134 (英語)までお願いします。

