



**University of Michigan
Health System**

Women's Hospital Birth Center

1500 E. Medical Center Drive
Ann Arbor, Michigan 48109-0256
734-764-8134 Triage

Scheduled Induction of Labor Instruction Sheet

Patient name: _____

Your induction has been scheduled for: _____ (date).

Evening before your labor induction

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

Day of your labor induction

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

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

If we need to reschedule your labor 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 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.

Finally

If you have questions or concerns about anything in this information sheet, you may call the Triage nurse at 734-764-8134. We look forward to seeing you in the Birth Center!