

Your Labour Is Going to Be Induced

What Is Induction of Labour?

Labour will start for about 60 to 80% of women without help. Induction is the process of starting contractions before they occur naturally. When labour does not happen as expected or as needed, inducing labour is preferred over delivering by Caesarean section.

Why Will I Be Induced?

Your healthcare provider will discuss induction with you. They will discuss the reasons for and risks of inducing your labour. The most common reasons for inducing labour are:

- You are at least seven to 10 days past your due date.
- Your baby is not gaining weight or is growing too slowly.
- You have high blood pressure caused by your pregnancy.
- Your water breaks but labour does not start on its own.
- You or your baby has a health condition.
- Diabetes.

How Will I Be Induced?

You may be asked to come to the Labour and Birthing unit the evening before your induction day. The type of induction depends on the condition of your cervix (opening/neck of the womb).

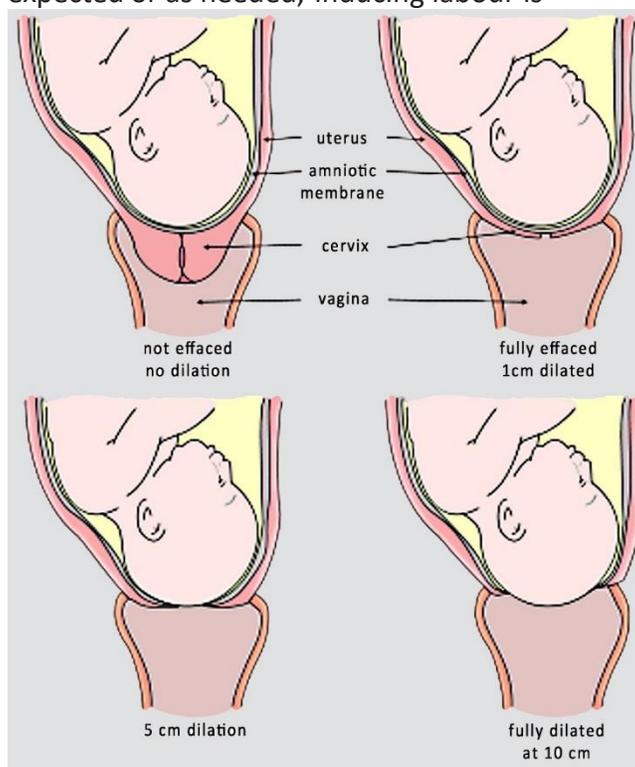
- Is your cervix soft or hard?
- Is your cervix open (dilated) or closed?
- Is it thin or thick (degree of effacement)?
- Is it anterior (front of vagina) or posterior (back of vagina)?

What Methods Are Used to Soften My Cervix?

There are two methods used to soften your cervix prior to induction of labour.

Foley Catheter

If your cervix is closed or only slightly open, you might need to have a Foley catheter inserted into your cervix.



Your physician will insert the catheter in hospital. You might feel some cramping, pressure and/or a small amount of bleeding following the procedure. The purpose of the catheter is to cause your cervix to start to soften and open. Your contractions and your baby's heart rate will be continuously monitored for one hour after the catheter is inserted and prior to discharge. The catheter may or may not fall out. If it does, throw it in the garbage. If you have heavy bleeding, leak clear fluid or have regular contractions, come to the hospital. The following morning you will receive a phone call from the hospital notifying you when you should return to have your induction started.

Prostaglandin (Cervidil)

Regardless of the condition of your cervix, your doctor may decide to use a medication called Cervidil to induce labour and/or to prepare your cervix. Prostaglandin is a substance that helps to soften the cervix so labour can progress. Cervidil is a form of prostaglandin and comes as a small insert containing what looks like a small flat tampon with a string attached. The string allows for easy removal. The Cervidil will be inserted by your doctor. Your contractions and your baby's heart rate will be continuously monitored for one hour after the Cervidil is inserted and prior to discharge. The following morning you will receive a phone call from the hospital notifying you when you should return to have your induction started. With Cervidil you can expect to feel backache or cramping or have some pink vaginal discharge. It usually takes several hours for anything to happen. Sometimes contractions come too close together. If this happens, call the Maternal Infant Child Triage Nurse (519-464-4427). You may be asked to remove the Cervidil. If you go into labour and/or membranes rupture you must call the unit and return to the hospital.

On the Day of Your Induction

The Maternal Infant Child unit may be busy. Please understand that we cannot always start your induction at the booked time because it is never known how many women will arrive in active labour at any time on any day. We understand waiting may be difficult, and we will make every effort to start your induction as soon as possible. Please direct any of your concerns to the Charge Nurse of the day or Manager of the Maternal Infant Child program. When you arrive at the hospital here are some **ways your physician may choose to continue your induction.**

Break Your Water (artificial rupture of Membranes)

If your cervix is soft and open, your doctor may decide to break your water to help start your labour. During a vaginal examination a small plastic hook is used to break the sac of water surrounding your baby. There may be some discomfort during the procedure. After your water is broken, you will stay in hospital until you have your baby.

Oxytocin

If your cervix is ready oxytocin is the preferred way to start labour. It is a drug, much like the natural hormone produced by your body, which is given continuously through an intravenous (IV) to start labour. Oxytocin can also be used with other methods to start or help your labour, like a foley catheter.

What Will Happen to Me?

You may have many things happen to you during the induction process.

- You will have an intravenous.
- You will have monitors put on you to keep track of your baby's heart rate.
- You will have blood specimens taken from you.
- You may ask your healthcare provider about the hospital's procedure at any time.