



## INDUCTION INSTRUCTIONS

### Prior to Induction

- Eat a clean and healthy diet, stay hydrated and get plenty of rest.
- Make sure you have Ibuprofen and Tylenol on hand for after delivery. It is a good idea to have Colace, MiraLAX, and Gas-X as well. These can all be found over the counter.
- Arrive to the Family Birthing Center at scheduled time- please be aware these scheduled times may need to be moved based on several factors including hospital staff, available rooms, number of patients in labor, medical necessity of induction. A nurse from Family Birthing will reach out to you if your scheduled time changes.

### Methods of Induction

*The method of induction will be a shared decision with your provider based on your effacement and dilation of your cervix, as well as baby's station in your pelvis. Often one method will be started, but the plan may change based on contraction pattern, fetal well-being, and status of cervix.*

### Cervical Ripening

*These options typically do not put someone into active labor, but instead prepare the body and cervix for labor. Every person is different, but it is not uncommon for this portion to take several days.*

**Cooks Balloon-** Mechanical method of ripening and dilating the cervix. This includes inserting a thin tube with 2 deflated balloons through the vagina and into the uterus. Here the provider will fill each balloon with sterile water, one balloon on each side of the cervix. The pressure of the two fluid filled balloons helps soften and dilate the cervix until either the balloon comes out (around 4 cm) or after 12 hours it will be removed, and the cervix will be reevaluated at this time.

**Misoprostol-** is a medication that helps soften and thin the cervix. This is delivered either placed vaginally next to your cervix or dissolved in your cheek. This can be given every 4 hours, repeat doses are based on contraction pattern and status of the cervix. It would be normal for this to cause uterine cramping.

**Cervidil-** A vaginal insert placed near your cervix It stays in place for 12 hours. This helps soften and thin out the cervix. This medication would not be repeated. It would be normal for this medication to cause uterine cramping and/or vaginal irritation.

### Labor Induction

*The goal here is to get contractions longer stronger and closer together to achieve cervical change.*

**Rupture of Membranes-** This is when a provider takes a small thin plastic hook and breaks a small hole in the amniotic sac to artificially break the bag of water. This utilizes the pressure of baby's head onto the cervix to help stimulate contractions. This would not be an option until baby is well engaged into the pelvis and low enough station.

**Pitocin-** This is a synthetic form oxytocin which is the hormone your body produces when you go into labor on your own. This is given through an IV, the amount given is started at a low rate and is slowly adjusted to achieve a consistent labor pattern. This medication may be turned up, down, or turned off based on your contraction pattern and fetal well-being.