

## INDUCTION OF LABOR INFORMATION/ INSTRUCTIONS

You are scheduled for induction of labor on: Date \_\_\_\_\_ at time \_\_\_\_\_  
For the following indication \_\_\_\_\_

Call L&D at 910-450-4280 on the evening of your induction approximately 2 hours before your scheduled time to ensure that the induction will proceed as scheduled. There are times when the labor and delivery beds are full and inductions are postponed to later in the day/night or possibly the next day. Please be patient.

Risks associated with induction of labor include failure to induce labor or to have a vaginal delivery, prolonged hospitalization, hyperstimulation of the uterus (contractions that come too frequently) which can cause abnormalities in the fetal heart rate, and increased bleeding as a result of medications used to induce labor. Induction of labor has also been associated with increased rates of cesarean delivery and postpartum hemorrhage. For these reasons we generally do not induce labor for non-medical reasons.

Your provider will discuss your plan of care with you. The plan of care may change based on whether or not your cervix is favorable (already thinning and starting to open). If your cervix is favorable, you may be given pitocin through the IV to induce contractions. If your cervix is not favorable, you may need "cervical ripening" with medication before pitocin is given.

Medications for cervical ripening include cervidil (a small tampon with medication is inserted in the vagina and gradually releases medication over 12 hours), or cytotec (a small pill that may be given orally or placed in the vagina). Cervical ripening can also be done with a small rubber catheter placed through the opening of the cervix and then a small balloon is filled with fluid to put pressure on the cervix. Cervical ripening takes time, often 12-24 hours or longer. Once active labor is established, the average length of time for first labor is 12-14 hours. This is only an estimate, some labors are much faster, and some take more time. If cervical ripening is being done at night, please try to sleep. You will need your energy later.

You will generally not be given solid foods once labor is established, so please eat before you come in for the induction. You may be permitted to have clear liquids, and you may want to bring some with you, such as Gatorade, or popsicles.