

How are arrangements made for my induction of labour?

Your doctor will notify the hospital and your name will be placed on the induction list on the date your doctor recommends. **Please be aware**, this does not guarantee you will be induced on that date.

It is common for inductions to be postponed for several days. The decision to delay induction is based on a variety of factors and is done in collaboration with your physician.

Your induction date is: _____

Please call (403)343-4425 by **0630** on the day of your booked induction to confirm your induction is scheduled.

Red Deer Regional Hospital



Induction of Labour

Patient Information



Your doctor has talked to you about inducing labour. This sheet has some information about labour induction you might find useful.

Why does my labour need to be induced?

Induction of labour is recommended when it is safer for your baby to be born than for the pregnancy to continue.

This may be because:

- You have health problems such as high blood pressure or diabetes
- Your baby has health problems such as growing too slowly
- Your pregnancy is more than one week past your due date
- Your water has broken and labour has not started

Risks:

- Failure to achieve labor
- Cesarean section
- Assisted vaginal delivery (vacuum/forceps)
- Abnormal contraction pattern
- Uterine rupture
- Uterine infection
- Cord prolapsed with artificial rupture of membranes
- Delivery of preterm infant if dating is uncertain

Benefits:

When it is determined that continuing the pregnancy puts you or your baby at risk

Labour can be induced several ways and can sometimes take a few days to be effective:

- Breaking your water
- Giving Intravenous (IV) medication called oxytocin to start contractions
- Inserting a medicated gauze (Cervidil) or gel into the vagina to help soften the cervix and start contractions
- Inserting a thin catheter with a water balloon into the cervix to stretch it open and start contractions

What should I do before I come to the hospital?

- Be prepared to arrive on Unit 25 (Labour and Delivery) at 7:00 – 7:15 AM on the day of your confirmed induction unless otherwise instructed.
- Arrange childcare for your other children
- Bring something to occupy your time such as a book or playing cards

What happens once I am at the hospital?

- A nurse will review the reason for the induction and admit you to an induction room.
- Your blood pressure, pulse and temperature will be taken.
- Your baby's heart rate will be monitored for 20-30 minutes to ensure the baby is well.
- Your primary care provider or a resident (under supervision) will do a vaginal exam to check your cervix and your baby's position.
- The best method for induction will be based on your vaginal exam and history.
 - If oxytocin is used, you will be on continuous monitoring and will stay in the hospital for the entire process.
 - If a gel or Cervidil is used you may be allowed to go home after you have been monitored for 2 hours. You will be instructed when to return to Unit 25 and given the *Obstetrical Outpatient Discharge Instruction Sheet*

Please proceed to the hospital prior to your induction if:

- If you think you are in labor
- If you think your water has broken
- If baby movements have decreased (less than 6 fetal movements in 2 hours)
- If bright red bleeding occurs
- If you have constant abdominal or stomach pain

If you are unsure call HealthLink at 1-866-408-LINK(5465)