



PREPARING FOR YOUR INDUCTION

Eat a light meal before coming in for your induction. During active labor your diet will be limited. Bring a bag with your essential items. Feel free to bring pillows or other items from home for your added comfort. Your support person can bring other items later, such as an infant car seat or clothing for pictures or to wear home after you deliver.

VISITORS

Visitors may be limited, but usually during labor you are allowed visitors if you desire. After you deliver, only one adult support person may stay with you overnight. Please plan overnight care for your other children.

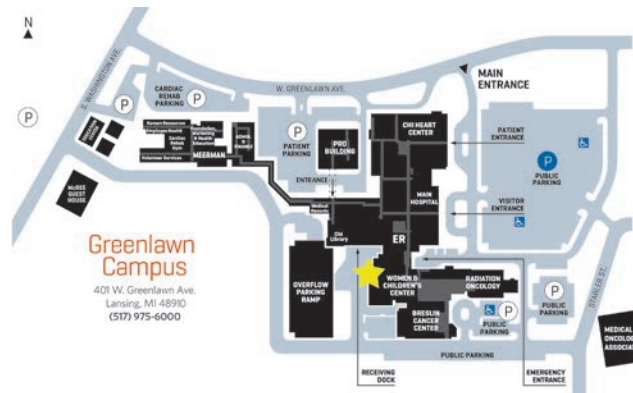
Induction of Labor

You are scheduled for an induction of labor:

Date: _____

Time: _____

We ask that you go directly to the Birthing Center at McLaren Greater Lansing and arrive on time. Please call the Birthing Center at (517) 975-7300 if you will be late. Be sure to bring your photo ID and health insurance card with you.



401 W. Greenlawn Ave. · Lansing, MI 48910
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mclaren.org/lansing

INDUCTION OF LABOR



DOING WHAT'S BEST.



THE INDUCTION EXPERIENCE

Once you arrive at the Birthing Center you will be directed to a labor room. Your nurse will help you get oriented to your room. Once you are settled in, your nurse will ask you a series of questions about your medical history, and start an IV in your arm. This is necessary for administration of IV oxytocin and also allows doctors to give you other medications in an emergency situation.

One of our resident doctors will then come in and talk with you about your plan of care. He or she will check your cervix to determine the most appropriate way to start your induction. If you are asked to come in the evening, you will most likely receive a medication for cervical ripening. If you are asked to come in the morning, you will most likely receive IV oxytocin.

ELECTIVE INDUCTIONS

If your induction is considered elective, please be aware that it may be delayed or rescheduled to another day. Patients who spontaneously go into labor or need to be induced for medical reasons will take precedence over all elective procedures. If this happens, we will do our best to notify you prior to your scheduled arrival time. Once it is safe to begin your elective induction, we will contact you.

CERVICAL RIPENING

Before you go into labor, your cervix is generally closed and long. Cervical ripening is a process to help your cervix dilate (open) and efface (thin out). This is done to improve the likelihood of successful induction. Cervical ripening can be a slow process. It is also not uncommon to use more than one

technique. Since this can be a long process, we suggest you send visitors home for the evening to allow you to rest. You will need energy for when labor really starts. You may feel contractions during the cervical ripening process. If they become painful, you may request pain medication.

ARTIFICIAL RUPTURE OF MEMBRANES

Sometimes in the course of induction we will recommend rupturing your membranes, commonly referred to as “breaking your water.” This will augment or help your labor. This is often done with a long plastic device that looks like a crochet needle, which is used to make a hole in the membranes. This should not be painful, but you may feel a gush of fluid and your contractions will usually become stronger and faster.

FETAL HEART RATE MONITORING

Cervical ripening and induction of labor require continuous monitoring, which is necessary to make sure your baby is tolerating these procedures. Fetal monitoring is accomplished by placing a small ultrasound device on your abdomen. The monitor can be wireless or attached to a machine next to your bed that tracks your baby’s heart rate. Most of the time you will still be able to walk around and use other birthing tools like a ball or chair.

On occasion, you may need an internal monitor placed if we are unable to track the baby’s heart rate with the external monitor. This involves placing a thin wire on the scalp of the baby during a cervical check. This will not cause any harm to the baby.

Free online FAQ published by ACOG:
www.acog.org/Patients/FAQs/Labor-Induction