

## The Day of the Induction

If your cervix is ready, you will be admitted to a labour room. The decision is then made to start medicine (oxytocin) and/or break your water, which will start labour/contractions.

### Oxytocin

This medicine is like the natural hormone made by your body to start labour/contractions. The amount you get starts off small and is increased until you are having regular contractions. You and your baby will be monitored at all times

### Breaking Your Water

When your cervix is soft and open, the bag of water around the baby can be broken to help your labour progress. This is done during a cervical check with a small plastic hook. It will feel similar to a regular cervical check.



Last Cervical Check:

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Return to Triage:

- When the nurse calls you  
**OR**  
 At \_\_\_\_\_ o'clock

### Family Birthing Unit Triage

6th Floor,  
Directly in front of the Main  
Elevators

Phone: 519-837-6440  
Extension: 2214



## Patient Information: Induction of Labour

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Cervical Ripening

Date:

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Induction

Date:

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## What is Induction of Labour?

Induction of labour is when contractions are started with medications before they occur naturally.

## Why do I need an Induction?

Your doctor/midwife wants you to have an induction as they feel it will be helpful for you and/or your baby. There are many reasons why a woman's labour is induced. Some reasons include:

- Pregnancy is past 41 weeks
- Your baby is growing too slowly
- Your water has broken but contractions haven't started on their own
- You are having a complication of pregnancy (e.g. high blood pressure, gestational diabetes)

## What are the Risks?

Induction is a safe procedure where you will be watched closely by a nurse and the doctor on call. Before your induction, your doctor/midwife will discuss in detail the risks and benefits of an induction with you.

Some risks include:

- Change in baby's heart rate during labour
- Too many contractions
- Infection for mother and/or baby
- Caesarean section

These can also be risks when contractions start on their own.

## How will I be Induced?

There are different ways that you can be induced. The way you are induced depends on if your cervix is ready for labour. Your cervix will be checked in your doctor/midwife's office or at the hospital to decide if the cervix is opening, softening, thinning, and moving forward in the vagina.

## Getting your Cervix Ready (Cervical Ripening/Preparation)

The day before, your doctor/midwife may ask you to come to the hospital for a procedure to help your cervix get ready for labour. You will receive a call from a nurse to let you know when to come to the hospital. Preparing your cervix can be done in one of two ways:

### 1. Medication

The doctor may recommend using a prostaglandin medication to get the cervix ready. It comes in the form of a small ribbon (Cervidil) or a gel that goes in the vagina.

### 2. Catheter

The doctor may decide to use a catheter. The catheter is a small tube with a balloon tip at one end that is placed inside the cervix to help it open.

If a medication or catheter is placed, you will be monitored for 1-2 hours in the triage area. This is to make sure you and your baby are both doing well. If all is well you will likely be sent home. The goal of both methods is to start cramping, and contractions to change the cervix. You may have some spotting after the exam and placement of the medication/catheter. You cannot sit in the bathtub after these methods but you are able to shower.

## When Should I Come Back to the Hospital?

- You have bright red bleeding
- Your water breaks
- Your baby isn't moving as much as usual
- You are having regular contractions every 5 minutes, each lasting 30-60 seconds for 1 hour or long contractions without a break
- You need something for pain

## The Day of the Induction

On the day of your induction, you will receive a call from a nurse to let you know when it is time to come to the triage area of the family birthing unit. Have a shower and a light meal before coming.

Please be aware that if the birthing unit is very busy, your induction may not happen first thing in the morning or on the day you were booked by your doctor/midwife. Also, when patients come to triage they are seen based on the reason they are coming, not always in the order they arrive to triage.

When you come to triage the nurse will:

- Ask you about your general health and pregnancy
- Check your blood pressure, heart rate, temperature, and your baby's heart rate
- Contact the doctor on call to assess you