

# What is Labor Induction?

Sometimes, when a woman is nearing the end of her pregnancy, she may have her labor started (induced) before going into natural labor. When your doctor suggests starting your labor for your health, it is called a medical induction. When labor is induced for a non-medical reason, it is called an elective induction.

# When is Elective Labor Induction Okay?

Wanting to have your doctor induce labor before going into labor on your own may appeal to many women. It may allow you to plan the birth of your baby around a special date, or around your and the doctor's schedule. Or maybe, like most women during the last few weeks of pregnancy, you're just simply ready to have a baby!

However, elective induction is not always good for you or your baby. Inducing labor before you are 39 weeks along in your pregnancy or before your cervix is ready can cause problems.



# Recent Data Shows

*When labor is induced before 39 weeks of pregnancy:*

- More newborns have trouble breathing and need to be connected to a special machine, called a ventilator, to help them breathe.
- More newborns need to be sent to a neonatal intensive care unit.

*When labor is induced when the cervix is not ready:*

- You are more likely to have a longer labor, which can increase the chance of problems for you and your baby.
- You are more likely to need a cesarean section.

# Expert Guidelines

The American College of Obstetricians and Gynecologists (ACOG) is a professional organization for doctors. Guidelines are based on the advice from this organization. These are used to make safe decisions about whether or not an elective induction is right for you and your baby.

Inductions sometimes need to be delayed due to limited rooms. Staff is unable to predict the number of babies born and want to make sure you receive the support and care you need for a safe labor and delivery. Please remind family or friends who have made special arrangements to be with you that your appointment could change.

# In the Event Your Appointment is Delayed



Thank you for understanding that your induction may need to be delayed until a room is ready or the staff is available. It is not necessary to contact your physician's office to reschedule. Our Labor and Delivery staff will call you when we can safely care for you. A high volume of phone calls takes away from patients who are in active labor or with medical conditions requiring delivery. We appreciate your patience and ask you to remember that we will contact you as soon as we have more information about your induction.

- **Drink plenty of water** (8-12 glasses per day) and eat small meals while you are waiting.
- **Go about your normal activities**, and get plenty of rest. A cell phone is helpful if you need to go out. Make sure you give Labor and Delivery your number if your induction is postponed but not yet rescheduled.
- **If you notice any vaginal bleeding**, amniotic fluid leaking (your water breaks), painful contractions, or if the baby is not moving like he or she usually does, please come to the hospital admissions desk and check in. They will notify us of your arrival.

# Day Of Induction

On the day of your induction, please call Labor and Delivery at 580-379-5220 at least one hour before your scheduled time of admission. They will let you know if we have a bed ready for you. Once the nurse tells you that the bed is available, you will need to come to the Jackson County Memorial Hospital admissions desk for check-in. Even if you have pre-registered, you will still need to stop in admissions. Admissions is located near the front entrance of the hospital. If, due to an emergency, your bed is not available when you arrive, we will have one for you as soon as possible.

## Possible Procedures

During induction of labor, certain procedures may occur. You will be hooked up to a monitor which allows the medical staff to track your contractions and your baby's health. This may be done externally on your tummy or internally through your vagina.

You most likely will be given one or two types of drugs to help induce your labor, a cervical ripening drug and/or an IV drug.

Other possible procedures include rupturing your bag of waters, the use of a vacuum to assist with the delivery of your baby or a C-Section if your labor does not progress or if your baby does not handle the induction well.

## Questions

If you have any questions regarding your induction, feel free to contact your physician or the JCMH Women's Center at 580-379-5220.

Your induction is scheduled for:

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\*Please keep in mind that your baby may not be born this day. Some inductions take up to 3 days or you may even be discharged home and rescheduled for another day.

*Thank you for choosing JCMH  
for the birth of your baby!*



**This is my hospital.**



# INDUCTION OF LABOR

