



INDUCTION OF LABOR
 United Health Professionals, Inc.
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Patient: _____ **Date:** _____

From the beginning of pregnancy women wonder **when** they will deliver. In some instances it is necessary to consider delivering a patient before they go into labor on their own. As a patient, it is important to join your clinicians in considering the benefits and risks of **continuing pregnancy** versus **inducing labor**.

Risks of Induction include but are not limited to:

- Risk of over stimulating the uterus causing stress on the baby
- Risk of having baby with immature lungs and therefore breathing problems
- Induction may not be successful increasing the chance of cesarean section

Risks of Continuing Pregnancy include but are not limited to:

- Greater chance of stillbirth (about 1:400)
- Condition of mom and/or baby may worsen and one or both may be harmed
- Discomforts of pregnancy continue

What does it mean to "Induce Labor"?

Your clinician will exam your cervix. He or she will assess how **thin** and how **dilated** the cervix is. You may need help softening the cervix to make it dilate more easily. This is called cervical ripening. It is done by placing a medication of the cervix. This takes approximately 24-36 hours.

At this point one of three things happens:

- Most of the time the cervix becomes soft, thinned and dilated and is ready for labor
- Occasionally the patient starts labor on their own
- Occasionally the cervix does not respond to the softening medicine. (You and your clinician may need to discuss a different plan for delivery)

If your cervix is ready, Oxytocin, a naturally occurring chemical in your body, is given in the form of a medication to cause contractions. Contractions will build in intensity over time. Your comfort will be monitored. Pain medications and epidural anesthesia will be available as needed.

How long with the whole process take?

Cervical ripening and induction of labor can be a one to three day process. We recommend bring only the person who will assist you in labor when you are admitted for induction. Most labor and deliver rooms can accommodate the father of the baby or one close loved one overnight. When you are in active labor, your nurse can assist you in notifying other family members and loved ones.

About your hospital experience:

- If your induction is scheduled in advance, come to the hospital well rested and prepared for labor. If you are having trouble resting, tell your clinician.
- Bring a few comforting items with you such as your favorite pillow, soothing music, or an object of the baby's that can help you remember that your hard work has a purpose.
- Bring necessary personal care items and a comfortable outfit to wear home.
- Bring weather appropriate blankets, an outfit to wear home, and a stocked diaper bag for the baby.
- Make sure an approved infant car seat is in your car for the trip home. If you are unable to purchase the appropriate car seat, inform your labor and delivery nurse as soon as possible.

Please sign the bottom of this form if:

- You have read this information and understand it.
- You have had the opportunity to ask all questions and have had them answered
- You understand the risks and benefits of this procedure
- You elect to have induction of labor

Pt: _____ **Provider:** _____