



## INDUCTION

You and your doctor have chosen to do an induction and these instructions will help you know what to expect on the day you will be induced. As in all pregnancies, labors and deliveries, your experience may vary, but we hope this proves informative.

You will need to call the hospital prior to leaving your home on the day of your induction to make sure there is a bed available for you. Occasionally, all beds are filled by other women who are already in labor. Once Labor & Delivery has assured you there is a bed, you are on your way! You are to go straight to Labor and Delivery Admitting area. Ask someone at the hospital and they will direct you to LDR (labor, delivery, recovery).

If cervical opening may be needed the evening prior to the induction. There are a variety of ways to induce labor. Talk to your provider regarding the plan for your induction. Pitocin may be used during your induction. Pitocin is the same as the hormone that your body produces when you go into labor spontaneously. When you are on pitocin your baby must be monitored always to insure he/she is able to tolerate labor.

You will remain on both the heart rate and contraction monitors until delivery. The Pitocin may not make you uncomfortable at first: However, as the contractions become more intense. You may receive pain medication when desired, including an epidural. Generally, once you are 5-6 cm dilated you will progress 1 cm per hour. Complete dilation is 10 cm.

Feel free to address any other questions or concerns prior to your induction and congratulations early on the birth of your baby.

**Please call our office ASAP after the birth of your baby to schedule a 2-6 weeks post partum visit if you haven't made your appointment already. This will secure your appointment day and time.**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## METHODIST INSTRUCTIONS

1. Call Labor and Delivery (575-4499) one hour prior to your scheduled induction time.
2. Pre-admission is highly recommended.
3. Do **NOT** eat solid food after midnight, clear liquids are ok.
4. Leave all valuables at home.
5. If you wear contact lenses, please bring your lens case and glasses, in case you need to remove your lenses.
6. Please limit visitors to 3 people at a time.
7. **NO VIDEOTAPING IN LABOR AND DELIVERY. Cameras are allowed.**
8. For added comfort, you can bring your pillow from home.