



WHAT TO EXPECT

# Your Induction of Labor



Welcome to UPMC Magee-Womens. We are looking forward to taking care of you and your baby and will be here to support you throughout the entire induction process. You may receive a phone call before your induction to confirm the date and time of your arrival. On the day of your induction, please feel free to eat, drink, and shower as you normally would before you arrive. On the back, there is a step-by-step guide for what to expect when you arrive to your induction of labor appointment.

You are scheduled for induction on: \_\_\_\_\_.

**UPMC** | **MAGEE-WOMENS**

## Your Induction of Labor



### Arriving at the Hospital and Going to the Unit

A staff member will take you to your room shortly after your arrival. Once you get to a room, you will be asked to change into a hospital gown and give a urine sample.



### Preparing for the Induction

A nurse will apply a fetal monitor to observe the baby, start an IV, and do some blood work. A provider may scan the baby to make sure that the baby's head is down and do a cervical exam.



### Choosing the Induction Method

Your provider will talk with you about the method of your induction of labor.

There are a few types of induction methods:

- **Balloon Catheter** — A small, flexible tube called a catheter is placed into the cervix and filled with a saline solution. This puts pressure on the cervix and encourages dilation. The catheter may fall out once the cervix is dilated to 3 to 4 centimeters.
- **Medicine** — Dinoprostone (Cervidil®) or Misoprostol (Cytotec®) can be used to soften the cervix. Oxytocin (Pitocin®) can also be used to strengthen contractions.
- **Amniotomy** — Artificial breaking of your water can also be done to induce labor.



### During the Induction Process

Options to help you feel comfortable:

- Continuous fetal monitoring
- Walking with a portable or wireless fetal monitor
- Birthing ball/peanut ball
- Shower
- Nitrous oxide, if available
- IV medicine
- Epidural



### Beginning the Induction Process

Once the induction process is started, your baby's heart rate and your contractions will be monitored continuously. Monitoring helps to make sure the baby is getting enough oxygen and is not in distress during the induction process. A provider or nurse will check your cervix for dilation regularly. We will monitor you and your baby very closely during the entire induction process.

The induction of labor process is different for everyone. It can take a few hours to a few days. We are here to make it as comfortable and smooth as possible. Please feel free to ask us any questions.

**Thank you for choosing UPMC Magee-Womens for your care.**