



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 are scheduled for induction on: _____.

You may receive a phone call the day of your procedure. On the day of your induction, please feel free to eat, drink, and shower as you normally would before you arrive. Following is a step-by-step guide for what to expect when you arrive to your induction of labor appointment. We look forward to caring for you.

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.

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.



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 will scan the baby to make sure that the baby's head is down and do a cervical exam.



During the Induction Process

Options to help you feel comfortable:

- Continuous fetal monitoring
- Walking with a wireless fetal monitor
- Birthing ball/peanut ball
- Shower
- Nitrous oxide/IV medicine to lessen pain during induction
- Epidural



Choosing the Induction Method

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

There are a few types of induction methods:

- **Foley Bulb** — A catheter is placed into the cervix and filled with a saline solution. This puts pressure on the cervix and encourages dilation. The catheter falls out once the cervix is dilated to 3 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.



Beginning the Induction Process

Once the induction process is started, your baby will be monitored continuously. We monitor the baby's heart rate and your contractions. The monitoring is also done to make sure that the baby is getting enough oxygen and is not in distress during the induction process. A provider will check your cervix at specific intervals depending on whether it is a foley bulb or medicine that is used. We will monitor you and your baby very closely during the entire induction process.