

Induction of Labor

So you have been booked for an induction….. now what?

The information that follows should help you through the days leading up to your induction and will give you some important information about where to go, what to do and what to expect.

There are many reasons why women are booked for induction. These vary from being one or more weeks overdue to high blood pressure or diabetes in pregnancy. We will be clear about why we are recommending you are induced and if you don’t understand, ask us why!

The days leading up to your induction can be exciting but many women can be a bit nervous as well. This is normal. Try to get as much rest as you can so that you are ready for the labor ahead. Try to eat healthy, nourishing food and stay well hydrated. From an emotional point of view, try to reflect on your pregnancy and what you will miss about it, think about how your family will grow and change with this new baby, spend time with family… enjoy the time leading up to your delivery because once the baby is born, everything will change!

On the night before your induction, you may be so excited that it is hard to sleep. Don’t worry. Take a long warm bath and relax. Lie in your bed and just quiet your mind. Rest without sleep is restorative as well. Even if you get a short few hours of sleep, if you rest your mind the night before you will be ready for labor.

On the morning of your induction, wake up and have a light breakfast (toast, cereal) and call the labor room before 7am (519 751-5544 ext. 2355). The staff will be waiting for your call. Tell them who you are and they will let you know what time to come in to be seen. If the labor room is quiet, you may be asked to come at 7:30, if it is busy, you may be asked to come later in the morning or early in the afternoon.

When you arrive at the hospital, a nurse will see you and perform a monitoring strip of the baby’s heart rate. The doctor will come and see you and discuss the reason for your induction and propose a method of starting labor. Some patients need a ‘gel’ which is a substance we place in the vagina to help your labor start. Some patients need oxytocin which is an IV medication to start your contractions. Some will need to have their membranes ruptured. Each woman is unique and each situation special. Some patients will be sent home for a short time after a ‘gel’ in order to give them time to rest in a comfortable environment before labor begins.

As always, if you have any questions, feel free to ask! Your pregnancy and your birth experience are very important to us and we would like you to feel informed and ready!

Drs. Azzam, Powell, Rooney and Sorge