



HUTTmaternity
Hutt Valley Maternity Care

Coming in for an Induction of Labour

Information for women

Induction of labour is a process to artificially start labour.

For women with an uncomplicated pregnancy, induction should be planned to be started by 42 weeks.

You have been booked for an Induction of Labour (IOL) on _____

Please go to Delivery Suite, Level 2, Heretaunga Block at 0730 AM. If you are not able to be there at that time, due to unforeseen circumstances, please phone delivery suite on 569 7535.

You may have a normal breakfast before coming to hospital, and don't forget to bring in your personal items.

There are times when delivery suite is very busy and on some occasions an induction may be postponed for clinical safety. The Obstetrician in charge for the day will make the decision about which inductions of labour are the most appropriate to postpone or delay, and you will be re-booked.

On arrival the Midwife will listen to baby's heartbeat with the CTG monitor for approximately ½ an hour. The appropriate method of induction will commence depending on

what has been discussed with you and what your assessment shows.

You will undergo a vaginal examination to assess your cervix. This information will then determine what method of induction will be used.

There are 4 ways an induction may be commenced:

- **Prostaglandin Gel:** This gel is placed in the Vagina with an applicator, and designed to soften the cervix. You will then have to remain on the bed for approximately 1 hour. This is to allow the gel to sit in the 'right' place and be absorbed. Some women experience tightening, cramping or backache for a few hours after the gel. This process may need to be repeated again in the afternoon if labour has not started.
- **Foley catheter:** A small tube with an inflatable balloon is placed through your cervix. This puts pressure on the cervix to open. It is left in overnight until it falls out ie the cervix has begun to dilate. If the cervix doesn't dilate prostaglandin gel may be considered.
- **Artificial Rupture of Membranes:** This can only be done when the cervix is soft and partially open. A small plastic hook is passed

through your cervix to pierce a small hole in the membranes. This does not hurt you or the baby.

- Syntocinon infusion: Following membrane rupture an infusion may be used to produce strong and regular contractions. A drip is inserted into a vein in your arm, and a bag of fluids with syntocinon medication is attached and flow through a pump.

Once your induction has started it would be unusual for you to be able to return home until your baby has arrived.

It is not possible to predict how long your labour will take to establish, or when your baby will be born. Every woman labours differently and will have a different response to the method of induction.

If you have more questions regarding your Induction of Labour please discuss this with your Lead Maternity Carer.