What to Expect When you are SCHEDULED FOR AN INDUCTION

Dear Patient,

We are excited that you have chosen to deliver your baby with us at The Life Center for Women at Leesburg Regional Medical Center. Our team is dedicated to helping you prepare for your induction and the arrival of your little one. We look forward to providing you with exceptional care and an experience to remember. Please review the information below prior to your arrival at the hospital with the understanding that since babies arrive when they are ready, we cannot always accommodate non-medically indicated inductions and may have to delay your admission until there are beds available. We will always do our best!

WHAT IS INDUCTION OF LABOR?
Induction of labor is the artificial start of the birth process through medical interventions or other methods. Inductions that are not performed for medical reasons are considered elective.

HOW IS LABOR INDUCED?
Labor can be induced by the following methods:

1. Medications

Prostaglandin: Medication in tablet form inserted into the vagina during a vaginal exam. This medication is used to help the cervix soften (ripen) and may cause the uterus to begin to contract.

Oxytocin: The body naturally produces the hormone oxytocin to stimulate contractions. Pitocin is a brand name medication that is a form of oxytocin. It can be given through an IV at low doses and gradually increased to stimulate contractions.

WHAT ARE THE ADVANTAGES OF USING OXYTOCIN?
Oxytocin can initiate labor which might not have started on its own, and it can speed up the pace of labor.

WHAT ARE THE CONCERNS WHEN USING OXYTOCIN?
Labor can progress quickly, causing contractions to become strong. Oxytocin may need to be discontinued if contractions become too powerful and close together.

2. ARTIFICIAL RUPTURE OF THE MEMBRANES (AROM)
A sterile, plastic, thin hook is brushed against the membranes just inside the cervix causing the amniotic sac (bag of water) to break.

This allows the baby’s head to move down against the cervix, which usually causes the contractions to become stronger and more effective.

This procedure releases a gush of warm amniotic fluid from your vagina. You may continue to leak fluid until delivery.

WHAT EXPECTATIONS SHOULD I HAVE ABOUT INDUCED LABOR?
• The induction process varies based on your body’s response. There is no way to know when baby will arrive.
• Since we will be giving you medications to help you start and progress in labor, we will need to continuously monitor your baby.
• You can do breathing exercises and push at your own pace.
• You can also request an epidural anesthetic or some other form of pain relief if needed.

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ON THE DAY OF YOUR INDUCTION, YOU WILL NEED TO FOLLOW THE INSTRUCTIONS BELOW.

• Shower prior to your arrival at the hospital, using an antibacterial soap.
• Eat a light meal prior to your arrival at the hospital.
• Arrive at the time designated by your physician.
• Check in at the nurse’s station with the unit secretary.
• Please be sure you are available by phone the day of your induction should we need to contact you to re-schedule.

WAITING

Inductions can sometimes take more than one day. Some things you can do while you are waiting for labor to start are:

• Watch movies
• Settle on a baby name if you don’t already have one
• Play cards
• Rest, Rest, Rest

WHAT TO PACK?

• Favorite cozy socks/slippers
• Favorite pillow (pillow case other than white)
• Tennis ball for back massage
• Lotion or essential oil for massage
• A copy of your birth plan/wishes
• Toothbrush and toothpaste
• Mouthwash
• Lip balm
• Robe
• Focal point or special item to hold for focus during contractions
• Mints or gum
• Hair tie, clips, headband
• Deodorant
• Favorite relaxing music play list
• Phone/tablet/laptop and charger
• Rice sock to apply warmth to back
• Anything else to make you feel comfortable

FOR YOUR PARTNER/BIRTH SUPPORT PERSON:

Comfort items such as:

• Change of clothes
• Food and beverages, cash for vending and cafeteria
• Camera
• Phone
• Pillow

CONTACT US:

We are excited to help you welcome your little one into the world in a big way. Please feel free to contact the nursing team with any questions you may have.

A list of free classes is also available on the Leesburg Regional Medical Center website (https://LeesburgRegional.org).

Sincerely,
The Life Center for Women