



# Induction of Labour



Induction means "bringing on" labour so you can birth your baby.

Induction of labour is a safe procedure. It is done when you or your baby's health requires it.

If your doctor has discussed induction of labour with you, this fact sheet will give you more information.

Your doctor will arrange for your induction at the hospital.

Although your induction may be asked for on a certain day, it may not happen on that day for many reasons. Each day, a doctor looks at the list of women scheduled for induction and decides who will be called first based on the health of the mother and baby.

When it is time for your labour to be induced you will be called and asked to come to Obstetrical Triage at St. Boniface Hospital or the Admitting Desk at Women's Hospital.

There are several ways to "bring on" labour. You may want to talk to your doctor before your induction to learn about some of the methods.

If you have any questions, ask your doctor, midwife or nurses.



## After checking in at St. Boniface Obstetrical Triage or the Women's Hospital Admitting Desk you will:

1. Have your blood pressure, pulse, and temperature checked.
2. Have a monitor applied to listen to your baby's heart rate and keep track of your contractions.
3. Have an internal examination to find out how soft and open the cervix (neck of the womb) is.
4. Be induced by the method best suited for you and your baby.

After your induction has started you may be observed at the hospital for several hours to find out if you are going into labour. Labour does not always start right away.

## What might happen?

1. If you begin with strong labour, you will go to a Labour and Delivery Unit.
2. If your labour does not begin right away you may:
  - a. Go home with a plan of when to come back.
  - b. Go to the Antepartum Unit to continue being observed.
  - c. Have the same induction method repeated.
  - d. Have another induction method started.

Be ready to come to the hospital at any time, day or night, because you may go into labour on your own or be called in for your induction.

Being ready includes having child care in place for other children and a bag of personal items packed so you can grab it quickly and go.