



Women's Hospital

Induction of Labor

In certain situations, your provider may suggest that labor be induced. This means that labor is started on purpose by medical means before natural labor has begun.

Natural labor begins when certain hormones are released into your bloodstream. These hormones cause your uterus to contract and eventually help you push out the baby. In an induction, your provider wants to create a similar effect by using medication or another method to stimulate labor.

Induction is sometimes recommended for when you are past your calculated due date. It also is advised when continuing a pregnancy is riskier than delivering the baby, such as in these cases:

- The baby is not growing at the expected rate
- The mother has diabetes that requires insulin
- The membranes have ruptured (water has broken)
- Rh disease
- High blood pressure
- Infection

These and other reasons are why providers recommend induction. Talk to your provider about why he or she has recommended induction for you.

Providers can choose one of several methods for inducing labor. Your provider will decide, depending on your condition, which technique or combination of techniques is best for you. Some methods of inducing labor involve ripening and dilating the cervix. Your cervix must be ripe, or soft and pliable, and it must be dilated for labor to begin. Other methods of induction help your uterus contract.

1. The method of stripping the membranes is performed by your provider. The provider inserts a gloved finger through your cervix and sweeps the finger over the thin membranes that connect the amniotic sac to the wall of your uterus. This method causes prostaglandins to be released. These hormones help ripen the cervix and start contractions. This technique can be performed in the provider's office.

2. Another method of ripening or dilating the cervix is to use medicines. This method is performed when your cervix is not soft or dilated enough for labor. The medicine is in the form of a tablet or suppository inserted into your vagina. You also can take the tablet orally.
3. A third method is using a medication called oxytocin, which is a hormone that causes contractions. Oxytocin is added to intravenous (IV) fluid and given through an IV tube in your arm. Your cervix should already be ripe and soft to use this method.
4. In another method, your provider may suggest placing a device into your cervix to help it dilate. When this method is used, you also will be given one of the medications above.

What to Expect

- When you and your provider decide to induce labor, you will be scheduled for your induction at that time or in the next few days depending on the nature of your condition.
- If you are going to the hospital in the evening to begin your induction with cervical-ripening medicine, you will be allowed to eat dinner based on your check-in time at the hospital.
- If you are going to the hospital in the morning to be induced, do not eat or drink anything except for clear liquids after midnight.
- Before going to the hospital, remove all jewelry, including any body-piercing jewelry.
- Please be on time for your appointment; otherwise, a bed may not be available.
- Please be aware your scheduled induction may be postponed or delayed, depending on the number of existing patients.
- Parking is available in front of the hospital.

For Greenville Memorial Hospital

Arrive at the main entrance of Greenville Memorial Hospital—a staff member is available at the main entrance of the hospital 24 hours a day to help you if needed—and then go up the atrium elevators to the OB Business Office

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on the sixth floor. Check in with the receptionist at the desk. After meeting with our business office personnel, you will be escorted to your patient room on the sixth floor.

Before any procedures are performed, you will be assessed by a nurse. You also will be hooked up to a fetal monitor to check on your baby.

If your cervix is not ready for labor, you may be admitted to the hospital before your scheduled induction. This is based on many factors including room availability. Your healthcare providers will begin the procedure to ripen and soften your cervix. Cervical ripening may take a few hours to a few days. When your cervix is ready for labor, you will be transferred to a room in The Family Birthplace. If necessary, you may be given oxytocin to help start contractions.

If your cervix is ready for labor but contractions have not begun, you will go directly to a room in The Family Birthplace where you will be given oxytocin to start contractions. The dosage of medication you will be given will be increased until an adequate labor pattern is established.

Once labor begins with oxytocin, it should proceed like any other labor. You can use the breathing and relaxation techniques you learned in childbirth education classes and can have pain medications, just as if your labor had started spontaneously.

For Greer Memorial Hospital

Proceed through the main entrance of Greer Memorial Hospital. Use the elevator to your left marked "Women's Center" and go to the second floor, where you will find The Family Birthplace-Greer. You will be taken to a labor/delivery/recovery/postpartum room, where all of your pre-labor and labor activity will take place.

Before any procedures are performed, you will be assessed by a nurse. You also will be hooked up to a fetal monitor to check on your baby.

If your cervix is not ready for labor, you may be admitted to the hospital the day before your scheduled induction. Your healthcare providers will begin the procedure to ripen and soften your cervix. If necessary, you may be given oxytocin to help establish contractions.

If your cervix is ready for labor but contractions have not begun, you will be given oxytocin to start contractions. The dosage of medication you will be given will be increased until an adequate labor pattern is established.

Once labor begins with oxytocin, it should proceed like any other labor. You can use the breathing and relaxation techniques you learned in childbirth education classes and can have pain medications, just as if your labor had started spontaneously.

Your Appointment

Talk with your provider about any questions and concerns you may have about your induction.

Your induction is scheduled for

_____ at _____
(day/date) (time)

Greenville Memorial Hospital (864) 505-4163

Greer Memorial Hospital (864) 797-8700

Please call the appropriate number indicated one to two hours before your scheduled induction to confirm the time (existing laboring patients may affect bed availability and delay your appointment time).

If you have questions or concerns, please call the number given. We look forward to seeing you soon!

Greenville Memorial Hospital

701 Grove Road
Greenville SC 29605-5601
Phone: (864) 455-7000

Greer Memorial Hospital

830 S. Buncombe Road
Greer, SC 29650
Phone: (864) 797-8700