

Tips for Labor Inductions

PLAN FOR IT TO TAKE A WHILE

- Induced labors can take longer than a spontaneous labor, especially if it's your first labor and if your Bishop score is 6 or less.
- Eat a nice full meal before you arrive. It will probably be the last until after your baby makes his/hers/their arrival.
- Depending on your specific needs you may not want support for the first several hours. (check-in, blood work, vitals, more paperwork, time to begin medication)
- Labor (especially induced) is a marathon, not a sprint. For this reason, once you're settled try to get some sleep! You'll need it most between active labor 5-6cm until after your baby makes their debut!

DETERMINE WHAT INDUCTION METHODS WILL BE USED

- Talk with your doctors about which drugs and non-pharmaceutical methods they prefer to use. This gives you time to learn about those drugs/methods, alternatives, and also allows time for more discussion with your doctors before the big day!
- Different doctors often prefer different drugs/methods so make sure you have it charted if you have a preference.
- Even if the doctor you prefer is there when your induction begins it doesn't mean they'll be there to manage your entire labor and vice versa.

PLAN TO LABOR EXCLUSIVELY IN/NEAR THE BED

- Labor inductions require closer monitoring of both you and your baby. This often means being or most definitely near the bed.
- You'll be attached to several monitors and an IV.
- Learn about positioning and comfort techniques that are centered at your bedside.

DISCUSS PAIN MEDICATION BEFORE THE BIG DAY

- If you don't know your options, what options do you have?
- Even if you have your mind made up and you don't want an epidural, narcotics, or nitrous oxide (gas), labor is intense and induced labors can be even more intense.

TAKE A WELL-ROUNDED BIRTH CLASS

- Classes like The Confident Birth & Baby class that teach you and your birth partner ALL of your options, not just how to labor quietly are priceless.
- Beware of method based classes.

