

## Information on Inductions at St. Elizabeth's Family Birth Place

On arrival to The Family Birth Place for an induction, we will ask for your name at the front desk and then show you to your room. General health information will be asked and you will be given a gown to wear. Monitors will be placed on your abdomen to check the baby's heart rate and for uterine contractions. Labs will be drawn while starting an IV as ordered by your practitioner (physician or midwife).

Medications routinely used for an induction are Cytotec, Cervidil or Pitocin. Your practitioner will decide what medicine is best for you and your baby. Cervidil and Cytotec are placed in the vagina. Cytotec can be repeated based on the order of your practitioner.

Cervidil is a pad of medicine attached to a string. It is placed beside the cervix in the vagina and pulled out either 12 hours later or in the morning, whichever your practitioner orders.

When either Cervidil or Cytotec are used, you will be placed on your left or right side for about two hours following placement of the medicine. Monitoring of your baby's heart rate and uterine contractions will continue during this time. After the two hours, you can be in any position. You may walk or sit up in any comfortable position in bed or in a chair. When ordered, you may have the monitors taken off. The monitors will be placed on your abdomen again before any other medicines are given or if you begin to feel contractions.

Pitocin is used with your regular IV and is given at a small rate to start. The Pitocin is increased until the contractions are stronger and are 2 to 3 minutes apart, lasting 1 to 1 ½ minutes. Once Pitocin is started, you will need to remain in bed for monitoring of the baby's heart rate and contractions.

Although early contractions caused by any induction medications may be uncomfortable, true labor begins when your cervix begins to change. The induction may take several days to be effective. Resting before and during an induction is extremely important.

When you come in for an induction at night, you are usually allowed to eat and drink until midnight. After midnight, you are given ice chips and popsicles. While in labor you will only be given ice chips and popsicles. This helps to keep you from getting an upset stomach.

Family visitation is different during nighttime and morning inductions. At night when the Cytotec or Cervidil is used, one person may spend the night. The patient and support person are encouraged to sleep as much as possible, since the next day will be busy. Encourage your family and visitors to wait until you are in true labor as the induction can take time. This will allow you to rest more in the early process. During the day or when a patient is in labor (day or night), up to five people may visit in the patient room. Any visitors not in the room need to wait in the waiting room. For the woman who has already delivered, visiting hours are noon until 8pm. Brothers and sisters to the new baby may visit during visiting hours, but all other children must be at least 14 years old.

Any questions concerning your induction can either be answered by your practitioner's office or **The Family Birth Place at 859/301-2440.**