

**Patient Care Reinvented.**

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## Induction of Labour

Waiting for the birth of your baby can be both an exciting and anxious time. For mothers who do not experience spontaneous labour or for those where medical reasons exist, we may need to stimulate the onset of labour to benefit the mother and baby. This is called an induction. If this happens, your doctor or midwife will discuss the reason for your induction, examine you, and discuss the type of induction that is right for you.

**The reason I am being induced is:** \_\_\_\_\_

### My Appointment:

**Date:** Your doctor's office will give you the date of your induction.

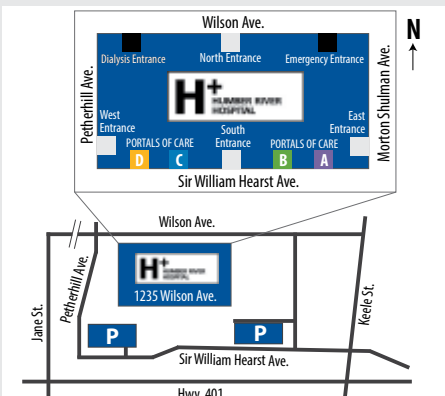
**Time:** The night before your induction, the hospital will call you with the time to arrive for your appointment.

**Please note: For the safety of you and your baby, we may have to reschedule or delay your induction.**

### Location:

Humber River Hospital  
Maternal and Child Program  
4th floor, 1235 Wilson Ave.,  
Toronto, ON M3M 0B2

Take the Central Elevators to the 4th floor.



### Types of Induction

During any induction, we monitor both you and your baby closely. If we discharge you home, we give you an instruction sheet to let you know what to do while you are at home and when to return.

- **Prostin:** A gel that contains medicine that softens the cervix and prepares it for labour. We insert it into the vagina and monitor you for about 1 hour before you are able to return home. After about 5 hours, you will come back to the hospital for triage and reassessment.
- **Cervidil:** A vaginal insert attached to a string (similar to a tampon) that softens the cervix and prepares it for labour. We insert it into the vagina and monitor you for 1 to 2 hours. You may be able to return home afterwards and we will let you know when to come back to the hospital to get reassessed. We pull the medicine out by the string after 10 to 12 hours or until labour begins.
- **Balloon (Foley) Catheter:** A tube that your doctor inserts into the cervix to help open it. The tube usually stays in the cervix for several hours or overnight, until it falls out at the start of labour or your doctor removes it after reassessing you.
- **AROM (artificial rupture of membranes):** During a vaginal exam, your doctor or midwife uses a small device to gently pull on the bag of membranes (or waters) that surround your baby to make a small hole.
- **Oxytocin (Pitocin):** A medicine that starts labour. A pump pushes the medicine into your vein (intravenously). For this induction, you stay in Labour and Delivery and a nurse monitors you continuously.

**Tel:** (416) 242-1000

**Birth Unit/Obstetrical Assessment:** Ext. 45300 / 45200

**Outpatient Clinic/Prenatal Clinic/Lactation Clinic:** Ext. 21450



**DR. KATE PIZZUTO**  
Obstetrics & Gynecology  
*Information on Induction of Labour*

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**WHY INDUCE LABOUR?**

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There are a number of reasons why you may need to have your labour induced. You will discuss this with your doctor at your clinic appointment.

Common reasons for needing to be induced include:

- Your baby is overdue
  - There are concerns for your health or the wellbeing of your baby – ex/ high blood pressure, diabetes, or a small baby
  - Your water breaks, but you do not go into active labour on your own
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**WHAT ARE THE RISKS OF INDUCTION:**

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- If your contractions become too strong or too frequent; your baby may have trouble coping with labour
  - Although rare, serious complications can occur; separation of the placenta from the uterus, uterine rupture or postpartum hemorrhage. Many safety measures are taken to reduce these risks
  - If you have questions or concerns, please do not hesitate to ask your doctor or midwife
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**WHAT IS CERVICAL RIPENING?**

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- For some patients, your doctor may recommend cervical ripening to soften and dilate the cervix to prepare you for labour.
  - This is usually done the day before you receive the oxytocin IV. There are many different ways to ripen the cervix: prostin gel, cervidil, balloon (foley) catheter.
  - When you go to the hospital for cervical ripening, your baby will be monitored for at least 30 minutes prior to doing the ripening. After the procedure, you and your baby will be monitored for 30-60 minutes afterwards.
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**IMPORTANT INFORMATION:**

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- Your induction date could be changed or delayed for any of the following reasons:
  - You may be asked to come in a day early if the unit is not busy
  - It may be necessary to delay your induction until later in the day or to reschedule for a different day if the department becomes very busy
  - Please be prepared to come to the hospital within 1 hour of receiving the phone call, or at the requested induction time. The unit activity changes frequently and we want to ensure that you receive the care and support necessary for a safe labour and delivery
  - If it is necessary to reschedule your induction to a later time, you may be given an appointment to come to the hospital to monitor your baby for 20 minutes to 1 hour.
- Please come to the hospital if you have concerns with your health and or your baby's well being