

## What are the Risks of Induction?

Being induced is a safe procedure that involves nursing care and close monitoring by your healthcare provider in a hospital setting. The risks and benefits of induction need to be discussed with your healthcare provider.

## Oxytocin to Start or Help Labour

### **Oxytocin (IV induction)**

If your cervix is ready, oxytocin may be used to begin or strengthen contractions, either before or after your water is broken. It is a medication similar to the natural hormone your body produces and is given continuously through an IV, starting at a low dose and gradually increasing.

**Benefits:** Oxytocin can help start labour or speed it up by increasing the strength and frequency of contractions.

**Risks:** Possible risks include contractions that are too strong or changes in your baby's heart rate. If this happens, the medication may be slowed or stopped. If your body doesn't respond or concerns arise, a caesarean birth may be recommended.

## Breaking Your Water

Your provider may break your water using a small plastic hook to help start labour. You may feel some discomfort, but it will not harm your baby. Once your water is broken, you will stay in the hospital until birth.



Waiting for induction can be stressful. Our team is here to support you, keep you and your baby safe, and walk with you through each step.

### **Return to the Obstetrical Unit if you experience any of the following:**

- Bleeding that is more than light spotting
- Leaking fluid from your vagina
- Decreased movement from your baby
- Regular contractions (every 5 minutes for at least 1 hour)
- Your belly does not relax and stay soft for at least 30 seconds between contractions

### **Stratford General Hospital**

Maternal Child Unit 2nd Floor,  
East Building  
519-272-8232

# Your Labour is Going to be Induced

Induction Date:

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***Please take a moment to read  
this brochure carefully—it  
contains important information  
about your care.***

Call the Obstetrical Unit the day of  
your induction at 7:00 a.m.

519-272-8232



HURON PERTH  
HEALTHCARE  
ALLIANCE

## Your Induction

We understand that being induced can feel overwhelming. This guide will walk you through what to expect before, during, and after your induction.

## What is Induction of Labour?

Labour will start for about 60–80% of women without help. Induction of labour is a process of starting contractions before they occur naturally.

## Why Will I be Induced?

Your healthcare provider has determined that induction may be beneficial for you or your baby. They will review the process with you. Some possible reasons include:

- Pregnancy beyond 41 weeks
- Slow baby growth or no weight gain
- High blood pressure in pregnancy
- Water breaks but labour doesn't start

***Did you know?*** The induction process can be lengthy and may take several days.

## The Day of Induction

- Call the hospital at 7:00 a.m. to confirm if your induction will proceed.
- If asked to come in, please arrive by 8:00 a.m.
- You may be asked to come in — day or night. **Please keep your phone on.**

- Have your bags packed, take a shower, and eat a light meal before arriving.
- Go to the Maternal Child Unit (E2S) to register

We will start your induction as soon as it is safely possible. Please be aware that conditions in the Maternal Child Unit can change quickly, and delays may occur.

### Please note the following information:

- In some cases, you may be sent home during the early “ripening” phase of induction and asked to return later.
- There are many inductions taking place, and each is managed based on medical need.
- We cannot guarantee that your obstetrician will deliver your baby.
- We cannot guarantee the gender of the delivering obstetrician or the anesthesiologist performing your epidural.
- Aggression toward staff will not be tolerated. Thank you for your kindness and patience

## Types of Induction

- **Medication-Induced Cervical Ripening** – Medications such as prostaglandins are used to soften and prepare the cervix for labour.
- **Oxytocin (Pitocin) Infusion** – Medication given through an IV to stimulate uterine contractions.
- **Mechanical Methods** – Devices such as a balloon catheter may be used to gently open the cervix.

- **Membrane Sweeping or Stripping** – A procedure to help trigger natural labour when appropriate.

After the procedure, you and your baby will be monitored for at least one hour. You may have cramps, contractions, or light spotting. You may shower afterward, but bathing should be avoided.

## During Your Induction

During the induction process, several steps may be taken to support your care, including:

- Monitoring your baby's heart rate
- Checking your contractions and progress in labour together with you (this may involve gently feeling your abdomen)
- Taking blood samples
- Starting an intravenous (IV) to give you oxytocin

## Quick Tips

- Scan the QR code below to visit HPHA's Maternal Child Program webpage for more information
- Keep your phone charged and nearby
- Arrive on time
- Ask questions



**SCAN HERE!**