



Induction of labour is when we start labour for you instead of waiting for it to start naturally.

Why induce labour?

Induction of labour is recommended if there is a risk to your health or your baby's health. Your midwife or specialist will explain why it is being recommended for you including the risks and benefits. They may also discuss a stretch and sweep with you. You will have time to ask questions and think about your choices before making a decision.

The most common reasons for induction at Middlemore Hospital:

- your waters have broken before labour
- your baby is not growing as well as expected
- you have diabetes
- you are having twins
- you are over 41 weeks pregnant

How we induce labour

The way we induce your labour will depend on why you are being induced. We will discuss this with you.

Misoprostol

Misoprostol is a medicine that helps your cervix to soften, just as it does in early natural labour, and start contractions. It is given every few hours, as a drink, until you are in labour.

Balloon catheter

A balloon catheter is a soft tube that is gently placed through your cervix. A small balloon at the end fills with water and presses on the cervix to open it. The catheter stays in for up to 24 hours and is taken out so your waters can be broken.

Breaking the waters

Breaking the waters is when the membranes around the baby are carefully broken during a vaginal examination. This can only be done if your cervix is open enough.

Syntocinon drip

Syntocinon is a hormone, similar to the natural labour hormone, given through your drip. It is slowly increased in strength until you are in labour.

What can you expect?

All inductions of labour are at Middlemore Hospital.

The time it takes for labour to start is different for everyone. This may take two or three days.

Sometimes there are a lot of mothers in labour so your induction could be delayed or postponed. We will continue to care for you and your baby.

Your baby's heart beat will be listened to and you will have a drip (IV line) in your hand or arm.

Pain relief will be available to you.

Who can come with me?

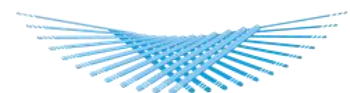
Visiting rules can change. When we call you to book your induction we will explain what the current visiting rules are.

Where do I go?

Come to Middlemore Hospital at the time you have been given. The best entrance to use is the one opposite the train station on Hospital Road; when you enter the building the lifts are straight ahead. You should have been sent a text message telling you where to go. If you need help go to reception at Birthing and Assessment (Level 2).



To comment on this leaflet or the care you received contact:
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