

*If you have
any questions
or concerns,
please ask your
obstetrician,
nurse or midwife.*

Labor Induction

We are glad you have chosen to have your baby at Northwestern Medicine Prentice Women's Hospital. Your obstetrician or midwife has scheduled you for an induction. This is done to help your body begin the labor process and start the birth of your baby.

Labor can be induced in several ways. Your obstetrician or midwife will discuss with you the best option(s) based on your specific needs. Before coming to the hospital, please talk with your healthcare provider about:

- Any questions or concerns you may have about your induction
- Your birth plan, such as the use of pain medication and the atmosphere where you give birth
- Current visitor policies

Getting ready

As your induction date draws near, there are several items others have found useful that you may like to have in your hospital bag. Keep in mind, these are only suggestions and by no means necessary.

- Lip balm
- Music device (smartphone, iPod®)
- Cord blood collection kit (if you want to save your cord blood)
- Camera
- Copy of your birth plan (if you have one)
- Toiletries
- Nursing bra
- Going home clothes for you and your baby

Day of your induction

Your healthcare provider will tell you the date and time of your induction. You will receive a call from the hospital on the day of your induction if there will be a delay in your start time.

Before coming to the hospital, eat a light meal and drink fluids, as usual.

Please note: If there is a change in your condition, such as your water (amniotic fluid) breaking or having frequent, regular and painful contractions, please call your healthcare provider. They will let you know if you need to come in sooner than your scheduled induction time.

Arrival at Prentice Women's Hospital

Please arrive 15 to 20 minutes before your scheduled appointment. This will allow time for you to check in and be admitted. Prentice Women's Hospital is located at 250 East Superior Street in Chicago. Be sure to give yourself plenty of time for travel, including traffic time, parking and check-in.

Parking

Parking is available for patients and visitors in the garage at 222 East Huron Street, across from Feinberg and Galter pavilions. For a discounted rate, please bring your parking ticket with you. Your ticket can be validated at the Customer Services Desks on the 1st and 2nd floors of Prentice Women's Hospital. Valet parking is also available.

Check-in

Please check in at the Customer Service Desk on the 1st floor of Prentice Women's Hospital. You will be directed to the Patient Registration Desk on the 1st floor to register.

Once your registration is complete, you will be directed to the 8th floor Labor and Delivery Unit. The unit secretary will greet you and notify the nurse of your arrival.

Please keep in mind that we will do our best to see you at your scheduled time. We will advise you of any delay.

Visitors

Please see nm.org/visitors for current support person and visitor policies.

Labor and Delivery Unit

Once in the labor and delivery room, we will ask you to change into a hospital gown. At this time, if you have a cord blood collection kit, please give it to the nurse.

The nurse will take your temperature, blood pressure and heart rate. You will be connected to an external monitor that will check your baby's heart rate and record your labor contractions. This device will be placed around your belly like a belt. The nurse will review your medical and prenatal history in detail.

The nurse will place an IV (into the vein) line in your hand or arm so we can give you fluids and medication. The IV will remain in place throughout your labor, delivery and recovery process.

Your labor and delivery team

A member of the anesthesia team will come to your room to review your health history and talk about pain management options.

You will also meet members of the obstetrics team. Our team is made up of resident physicians, medical students and certified nurse midwives. These team members will work with your obstetrician and nurse during your induction and labor process.

The healthcare team will be happy to answer questions you may have about any part of the process.

Types of induction

There are several methods that can be used to induce labor. The 3 most common induction methods used at Prentice Women's Hospital include:

Oxytocin (Pitocin®) is a hormone that is given by IV line. It works in 2 ways to:

- Start labor contractions
- Increase the force (strength) of existing contractions

Your nurse will start the oxytocin at a low dose and increase it as needed. The dose is controlled by a special pump connected to the IV tubing.

CRIB (cervical ripening with balloon) is another method. A small rubber tube with balloon tip is placed into your cervical opening (usually by a resident physician or a certified nurse midwife). The balloon is inflated with fluid. The pressure of the balloon will help to dilate (open) and soften your cervix. The CRIB remains in place for about 6 to 12 hours. An oxytocin drip or cervical-softening medication called misoprostol may be used with the CRIB.

AROM (artificial rupture of membranes) is done by a resident physician, certified nurse midwife or your obstetrician. The breaking of your bag of water may start or increase the intensity of your contractions. The discomfort you feel is similar to your cervical examination.

During your induction and labor

During your induction, the healthcare team will closely monitor you and your baby. This includes your baby's heart rate and your contractions.

Visitors

Labor and the induction of your labor may be a lengthy process, so it is important for you to get as much rest as possible. You may have one primary support person with you. Please see nm.org/visitors for current visitor policies.