



## Induction of Labour

Your doctor has placed you on the induction list. Induction means “to bring on” labour and is a low-risk procedure. People are placed on the induction list for a variety of reasons, and each reason has its own degree of urgency. For example, being overdue is a medium priority, having high blood pressure or diabetes can be medium or high priorities depending on several factors. Being on the list does not guarantee your induction will happen on the day requested. For medium priority indications, our goal is to have your labour started within a few days of the initial request.

Every day a doctor looks at all the requests and ranks them in order of priority, based on the health of the mother and baby. Women are called in throughout the day, most commonly between 8:00 AM and 11:00 PM. The number of people actually brought in for induction each day depends on how many people are on the list and how full the labour floor is with other labouring women. If we cannot start your induction on the date requested, you are automatically placed on the list for the next day and a doctor will again assess the urgency of your induction along with everyone else still on the list, as well as those newly added to the list. If we cannot call you in, you will receive a phone call by 11:00 PM to let you know that you are being rolled over to the next day's list.

When you are called to come in, you should come to Obstetrical Triage on the third floor. You will have your blood pressure, pulse and temperature taken. Monitor belts will be placed on your abdomen to check the baby's heart rate and contractions (if there are any). A vaginal exam will be done to check your cervix. It is not uncommon for the cervix to be “unripe”, or “not ready” to start labour. In this case, the doctor will recommend either a medication or a balloon to go in or near your cervix to help it to soften. “Ripening” the cervix is an important process that may take a few days to accomplish. You can usually go home within an hour or two after the ripening medication is in place. You will be advised when to come back. You might need more cervical ripening with the same or a different medication. Sometimes the medication to ripen your cervix puts you into labour - if it does, return to the hospital, even if it is before the time you were asked to come back.

Once your cervix is ripe, you will be admitted to the labor floor and the actual induction will begin - meaning you will be given medications to make you have contractions.

If you have further questions about ripening, or labour induction, please talk to your doctor or midwife.

