



INDUCTION

THE INTERVENTION

Induction is the artificial prompting of labour. Your physician may recommend that delivery be triggered through induction for medical reasons, or if your pregnancy extends beyond 41 weeks.

If your labour begins naturally before the scheduled date of your induction, please inform us by calling 819-346-1110, ext. 14115 and go to the maternity ward's reception desk.

THE DAY OF YOUR INDUCTION

- You may have a light breakfast, unless otherwise directed by your physician.
- Report to the maternity ward on the 5th floor for **7:30 a.m.** A nurse will take you to your room and direct your spouse to the hospital's admission department.
- A nurse will take blood tests, if needed, and will install an intravenous "drip" (IV).
- The nurse will check your blood pressure, temperature, and pulse, help you complete a questionnaire, and explain where things are, the treatment, and how the day will proceed.

THE INDUCTION

- The father or another significant other can be present during the induction. Two other healthy people are also permitted to accompany you during your delivery.
- A fetal monitor will be installed before the induction is started to check that your baby is doing well. This monitor is only turned on at the request of your physician.
- A second pump IV with a medication called Oxytocin, is added to the first IV. The medication is at first administered in small doses, then gradually increased until contractions are regular and reach the proper intensity.
- At first, your contractions will not necessarily be painful. They will progressively increase, as though labour had begun naturally.
- You can usually eat and drink in small quantities at the onset of your labour. However, in certain cases, the medical team may ask that you fast (no eating or drinking).

- A nurse will remain by your side most of the time and provide you with information, care, and any help needed. The nurse will guide you and your spouse, or the other person accompanying you, during this important time.
- Throughout your labour, the nurse will help you choose the method you prefer to ease your pain. Several natural methods will be suggested: bath, rocking chair, exercise ball, etc.
- Medications can also be administered to reduce the pain, including an epidural^[1] and a pudendal nerve block.^[2]
- During a vaginal exam, your physician or his/her resident may decide to break your water for medical reasons.

PREPARING THE CERVIX

In the event that your cervix needs to be prepared for the induction, your physician will prescribe Cervidil. This “prostaglandin” hormone shaped like a tampon is inserted near the cervix.

- Report to the maternity ward **the day prior to your induction, between 6 p.m. and 7 p.m.** Upon arrival, your physician or his/her resident will check the cervix of your uterus.
- If Cervidil is not required, you may return home and come back at 7:30 a.m. the next day for your induction.
- If Cervidil is required, your physician or his/her resident will install it. You will then need to remain in bed for two hours and be hospitalized for the night. A nurse will monitor your baby’s heart and your contractions.

QUESTIONS

If you have any questions or concerns about induction:



Call the maternity ward reception desk at 819-346-1110, ext. 14115.



Consult your physician.

Author

Équipe de l'unité de maternité

Revision and Layout

Direction des communications et des affaires publiques

© Centre hospitalier universitaire de Sherbrooke (CHUS)
chus.qc.ca

March 2012 – Updated January 2015 – 1-6-14757

REMINDER

Date of my induction: _____

If your induction has to be postponed, a nurse will call you around 6 a.m. the morning of your appointment.

CHUS – Fleurimont Hospital

3001 12th Avenue N.
Sherbrooke, QC J1H 5N4
5th floor – A

^[1] Anesthesia that relieves the pain of uterine contractions and delivery.

^[2] Anesthesia that relieves the pain in the upper part of the vagina and the vulva.