

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie - Centre
hospitalier universitaire
de Sherbrooke

Québec

INFORMATION
on INDUCTION OF LABOR



Information on induction of labor

Induction of labor consists of causing contractions, using various methods, so you can go into labor and deliver your baby vaginally. Your doctor will propose an induction of labor if you or your baby has health problems or if you haven't given birth after 41 weeks.

How does induction of labor work?

The method chosen to induce your labor depends on the condition of your cervix. If your cervix is not ready (thin, soft or open), the doctor will need to use something to ripen it.

Here, at the maternity ward of the CIUSSS de l'Estrie-CHUS Hôpital Fleurimont, the following methods are used to prepare your cervix and to induce labors:

- ✓ **Cervidil:** thin strip of fabric containing a hormone (prostaglandin) that will make the cervix mature.
- ✓ **Balloon:** a urinary catheter is placed through the cervix and the balloon at the tip is filled with water. When the catheter falls out, the cervix is dilated at about 3 cm.
- ✓ **Oxytocin solution:** an IV solution containing a hormone (oxytocin) is used to induce contractions. The oxytocin is very similar to the hormone produced by your body during labor.
- ✓ **Misoprostol:** a tablet containing a hormone (prostaglandin) ripens the cervix and might also start labor.
- ✓ **Artificial rupture of membranes (breaking your water):** Done manually by the doctor during a vaginal exam.

All of these methods are safe for you and for your baby. The doctor will discuss with you the best method for your condition.

Advantages and risks of the proposed method will also be explained.

What is the "induction list"?

If you meet all the criteria for induction, your doctor will send a form to the maternity ward of the CIUSSS de l'Estrie-CHUS Hôpital Fleurimont to register you on the induction list. This list is reviewed and prioritized daily by both the head nurse of the maternity and the obstetrician on call.

Your doctor will have suggested the best date for your induction on the form in addition to a **priority code based on your need for induction**. This means that your induction date might be changed (earlier or later) depending on how busy the maternity ward is in order to ensure you get the best and safest care.

The head nurse of the maternity ward will contact you during the day between 6 am and 8 pm, to let you know that we are ready for your induction. You are expected to arrive at the hospital within the next 2 hours.

For any questions or clarifications regarding your induction, don't hesitate to ask your doctor.

For any others questions, you are welcome to call the maternity nurses at any time (24/7) at 819-346-1110 ext 14115.

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