



# THE MATERNITY CENTER

at Cabell Huntington Hospital

## Family-centered maternity care



*Congratulations on your upcoming delivery. Your healthcare provider has scheduled you to be admitted for labor induction and delivery at Cabell Huntington Hospital. There is often confusion around the word induction, therefore, it is our priority to provide the information needed in order to answer questions, alleviate fears and allow you to have a wonderful birthing experience. Should you have any questions, please feel free to ask your doctor, midwife or nursing personnel. It is our goal to make you and your family comfortable with your delivery experience and any medical procedures which may be performed.*

### Induction of Labor

Labor is a complex, physiologic event that involves the interaction of multiple hormones. Some women go into labor spontaneously and some choose induction of labor. Induction of labor is the process of putting your body into labor by using pharmacologic agents (Cervidil, Cytotec, Pitocin) or mechanical methods. (AROM, Foley balloon) You and your provider will discuss the method being used and you will be given a date for induction. On the date you are scheduled for your induction, we will contact you when there is a room available for you. Due to the nature of our business, it is impossible to predict bed availability day to day, and it is much more comfortable to be at home while you wait. Once a room becomes available, you will be notified to come to Labor and Delivery, which is located on the third floor of Cabell Huntington Hospital. Please make sure the office has a working phone number for you. There are various methods that could be used to induce your labor. The plan of care may change at any time depending on the circumstances. Below are the most commonly used techniques for induction, along with a brief description.

# Things to Know

### Cervidil

Before your contractions begin, your cervix needs to be relaxed and ready to dilate. Cervidil is a medication (synthetic hormone), which is used to soften the cervix to make labor easier to induce. Cervidil may have a different effect on each individual. You may expect to have some cramping, no effects at all, or to go into active labor. It is placed behind your cervix and under typical circumstances remains in place for 12 hours before removal.

### Cytotec

Cytotec is a pill (synthetic hormone) that is used to ripen/soften the cervix to make labor easier to induce. It may be administered orally or placed vaginally. This may be done up to 5 times over a 24-hour period. Everyone will have different side effects related to Cytotec administration. Some will experience cramping, no effects at all, or you may experience regular contractions and go into labor.

### Pitocin

Pitocin is the medication form of the hormone Oxytocin. Oxytocin is the hormone that is naturally released in your body when you go into labor that causes contractions. Pitocin is started at a low dose and increased at intervals until adequate contractions are obtained. Each individual requires a different amount of Pitocin to induce labor.

### Foley Balloon

Foley balloons are flexible rubber catheters that are inserted into the cervix. Saline is inserted into a balloon at the end of the catheter once it's placed in the cervix and then the end is taped to your leg. The balloon usually remains in place until you are 3-4 cm dilated. Eventually the balloon falls out as tension is applied to the balloon.

### AROM

Artificial Rupture of Membranes (AROM) is another non-pharmacological technique used to induce/augment labor, also known as breaking your water or amniotomy. Your provider will do this by puncturing the amniotic sac with a hook which can help labor progress by increasing contractions and/or strength of contractions.



**In addition to the induction techniques, we wanted to provide information based on our most frequently asked questions:**

#### **Diet**

During your labor process you may be allowed to have clear liquids, but at times you may be limited to ice chips and popsicles.

#### **Cesarean Section**

If you are scheduled for surgery, you will be scheduled for a specific date and time for the procedure on Labor and Delivery. If you are scheduled at 8 a.m., we ask that you arrive at 5:30 a.m. for admission to Labor and Delivery. For all other times, please arrive 2 hours prior to your scheduled procedure time. For your surgery, you will be instructed to have no food or drink for at least 8 hours prior to your scheduled surgery time. Once your procedure is complete and you are in recovery, you will be started on clear liquids as tolerated. Visitation may be limited during your recovery period as every person's recovery is unique.

#### **Visitation\***

*\*subject to change*

On Labor and Delivery, you may have up to four designated visitors, with two of them being allowed in the room at any one time. If you are having surgery, one support person may accompany you in the operating room.

Siblings of the new baby are invited to visit between 8 a.m. and 8 p.m. when accompanied by an adult and are not counted as visitors.

Once you have delivered and recovered, you will be moved to the Mother Baby Unit where you will remain until discharge. On mother baby you may have any two visitors at the bedside during hospital visiting hours in addition to your support person. The support person may spend the night. Siblings are also invited to visit Mother Baby during visiting hours. The current visitation guidelines can be viewed on the [cabellhuntington.org](http://cabellhuntington.org) website under "Patients & Visitors."

*Again, we look forward to caring for you and your family during this exciting time and encourage you to talk to your provider should you have any questions or concerns. See you soon.*