ALLIANCE OBGYN

Most babies are born between 37 and 42 weeks of pregnancy. Very few babies are born on their due dates. Sometimes labor is slow to begin or progress. In these cases, medications may be used to "bring on " or induce labor. This is called labor induction. Labor is induced in up to 15% of pregnant women in the United States.

Labor Induction

The uterus, which is a muscle, and the cervix (bottom part of your uterus) play key roles in labor.

The cervix must be fully opened (dilated) and fully thinned out (effaced) to allow your baby's head to pass through into the vagina.

If your cervix is not ready for labor, your doctor will use certain medications to induce or "bring on" your labor. These medications will cause your cervix to dilate (open) and efface (thin), preparing your body for the vaginal birth of your baby. **Your doctor will explain the procedure; risks and alternatives then decide which medication will be best for you.**

Medications used for Induction:

- **Prostaglandins:** A type of medication that can be used to induce labor. It is similar to the chemical produced naturally by the body and is inserted into the vagina. **Cervidil and Prepidil** are the two most common medication used.
  Cytotec is a non-prostaglandin agent that can also be used in the vagina for cervical ripening.

- **Oxytocin:** Oxytocin or Pitocin is a medication used to induce labor or to make your contractions stronger. This is another man-made hormone that causes your uterus to contract. This is given thorough an IV in your arm, allowing the medication to flow into your bloodstream. A pump attached to an IV tube controls the amount of medication you are given.

- **Foley Catheter:** Sometimes a foley catheter may be inserted into your cervix, the opening of your womb, and the balloon on top of the catheter is enlarged to help dilate your cervix.

For some women, having the baby is safer than continuing with pregnancy. If you are having an induction of labor, you will receive instructions to follow from your nurse. Please feel free to discuss with your health care provided any questions or concerns you may have.

INDUCTION INSTRUCTIONS

1. **You have been scheduled for an induction on _____.**
   You will stay until the baby is born. Bring your suitcase.

2. **Call Labor and Delivery at (time) _____AM_____PM. Dial: 261-7054 to see if they have a bed available. Ask them "what time do you want me to come in?" (If a bed is not available, follow their instructions as to when to call back.)**

3. **Go to the Emergency Room at Memorial Hospital. Advise them you are scheduled for an induction in Labor and Delivery. (they will take you upstairs)**

4. **Eat:**

   _____ nothing after midnight

   _____ eat your regular dinner

   _____ other

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PRE-OPERATIIVE INSTRUCTIONS FOR PATIENTS UNDERGOING MAJOR ABDOMINAL PROCEDURES or ADVANCED OPERATIVE LAPAROSCOPY

Type of Procedure: _____

Date & Time: _____ _____

Place: _____

Arrival Time: _____

Instructions/Meds for bowel prep

1.	Magnesium Citrate	1 bottle
	or	
2.	Golytely flavored	1 gallon
3.	Fleet Enema	1

INSTRUCTIONS

A Magnesium Citrate

1. Starting at 2:00 p.m. day before surgery, take 1 bottle of Magnesium Citrate. This will help you move your bowels so that you don not have too much stool, and allows us as much room as possible to work with during your procedure.

b. Golytely – See instruction attached

INSTRUCTIONS:

1. Follow instructions for your bowel preparation as directed for Magnesium Citrate or Golytely.
2. Have soft meal or clear liquids for dinner.
3. Have nothing to eat or drink by mouth from 12 midnight the day before your surgery.
4. When you wake up in the morning you can brush your teeth, but don't swallow, eat or drink anything by mouth.
5. Give yourself a Fleet enema before coming to the hospital.
6. The following meds should be taken as instructed.

_____
_____
_____

7. Arrive at the Hospital or Same Day Surgery 1-1/2 hours before your scheduled procedure.
8. If you cannot make your appointment, please call us 3-7 days before so that we can use your time for another patient.