

INDUCTION OF LABOUR



WHY MIGHT YOUR CARE PROVIDER DECIDE THAT HE/SHE NEEDS TO INDUCE LABOUR?

1. POSTDATE PREGNANCY (PREGNANCY THAT GOES BEYOND 42 WEEKS, PROVIDERS VARY ON THIS NUMBER)
2. PREMATURE RUPTURE OF THE MEMBRANES (WATER BREAKING EARLY IN PREGNANCY WITH SIGNS OF INFECTION)
3. PREGNANCY-INDUCED HYPERTENSION OR PREECLAMPSIA
4. CHORIOAMNIONITIS (THIS IS AN INFECTION OF YOUR AMNIOTIC FLUID AND/OR THE BAG OF WATERS)
5. SEVERE INTRAUTERINE FETAL GROWTH RETARDATION (BABY NOT GROWING DUE TO PLACENTAL INSUFFICIENCY OR DECAY)
6. SIGNIFICANT MATERNAL MEDICAL PROBLEMS, SUCH AS DIABETES MELLITUS WITH PREGNANCY AT TERM

WHAT ARE THE RISKS OF INDUCTION?

IN ADDITION TO THE RISKS THAT NORMALLY OCCUR WITH LABOR AND DELIVERY, INDUCING CERVICAL RIPENING AND LABOR ADDS THE RISKS OF UTERINE HYPERSTIMULATION, FETAL DISTRESS AND A GREATER LIKELIHOOD OF POSTPARTUM HEMORRHAGE. FETAL HEART RATE (FHR) MONITORING WILL BE PERFORMED USING A HIGH-RISK PROTOCOL, AND A PHYSICIAN ABLE TO PERFORM A CESAREAN SECTION MUST BE INFORMED AND AVAILABLE AT ALL TIMES. THE RISKS OF REMAINING PREGNANT SHOULD OUTWEIGH THE RISKS OF AN INDUCTION BEFORE IT IS CONSIDERED.

HOW DO I KNOW IF AN INDUCTION WILL WORK?

YOU DON'T. YOUR CARE PROVIDER DETERMINES IF YOU ARE A GOOD CANDIDATE FOR INDUCTION BY USING A SYSTEM CALLED "THE BISHOP'S SCORE" (SEE HANDOUT ENTITLED "BISHOP'S SCORE"). THIS IS A SYSTEM WHEREBY YOU AND YOUR CARE PROVIDER CAN DETERMINE IF YOUR CERVIX AND BODY ARE READY FOR LABOUR. IF YOUR SCORE IS A 7 OR OVER, YOU ARE A GOOD CANDIDATE. ASK YOUR PROVIDER WHAT YOUR BISHOP'S SCORE IS IF HE/SHE IS TALKING TO YOU ABOUT AN INDUCTION. ALSO ASK ABOUT NATURAL INDUCTION METHODS (NIPPLE STIMULATION, SEX, HERBS, CHIROPRACTIC, ACUPUNCTURE/ACUPRESSURE, ETC.).

I'M TIRED OF BEING PREGNANT! CAN I BE INDUCED?

ALTHOUGH I SYMPATHIZE WITH YOUR DISCOMFORT IN THE LATE STAGES OF PREGNANCY, THIS IS NOT A GOOD INDICATION FOR INDUCTION. MANY PROVIDERS BELIEVE THAT THE BABY HELPS TO DETERMINE WHEN YOUR LABOUR WILL START BY RELEASING HORMONES TO HELP TRIGGER LABOUR. IN OTHER WORDS, JUST BECAUSE YOU ARE READY TO NOT BE PREGNANT ANYMORE, YOUR BABY MAY NOT YET BE READY TO BE BORN.