

Methods of Medical Induction:

Prostaglandin gel: Its brand names are **Cervidil, Prepidil, Prostin-E,** and **PGE-2.** This is applied directly to the cervix using a tampon like applicator that is left in place until contractions are started and are becoming effective.

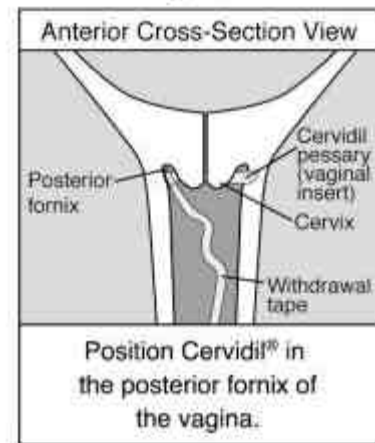
Risks for Mother

- ☞ Increases the risk for infection. This risk is further increased if the bag of waters is broken, and many health care providers will not use it in such a case.
- ☞ Increases risk of uterine rupture.
- ☞ Small risk of uterine hyperstimulation.
- ☞ Requires continuous monitoring of baby's heart rate which decreases mobility.

Risks for Baby

- ☞ Uterine hyperstimulation can cause abnormal fetal heart rate.
- ☞ When uterine rupture occurs, the fetal death rate is 25%

Figure 1



AROM: Artificial Rupture of the Membranes (breaking your water). This is accomplished using an amniohook or less often an amniocot. An amniohook is a thin metal or plastic tool that resembles a crocheting needle. An amniocot is a surgical type glove with a hook on the end of one finger. This is done only after the cervix has opened a few centimeters and is most effective if the cervix is ripe. It is also sometimes done to augment labor if it appears

labor has “stalled” or if your caregiver feels that you are not dilating fast enough.

Benefits:

- ☞ Increases prostaglandin production.
- ☞ When used with Pitocin, reduces length of labor compared to Pitocin alone.
- ☞ Less Painful than other induction techniques.

Disadvantages:

- ☞ Increased risk of infection to mother and baby.
- ☞ Sets time limit on labor (must deliver within “X” amount of hours).
- ☞ May intensify contractions.
- ☞ May be harder for baby to change position.
- ☞ Most appropriate and most effective is used in late labor.

Jennifer A. McFarland, My Birth By Design, <http://www.mybirthbydesign.com/> , Jennifer@MyBirthByDesign.com , For educational purposes only. Please consult your healthcare provider with any questions. Do not reproduce for profit. Resources: <http://transitiontoparenthood.com/ttp/parented/pregnancy/induction.htm> , <http://www.birthingnaturally.net/> , <http://www.childbirth.org/articles/amnio.html>



Inducing Contractions: One way of inducing contractions is by using **Pitocin**. If the cervix is soft and pliable, your caregiver may recommend using a synthetic hormone called Pitocin to stimulate contractions. The medication is given through an IV drip, and the dosage will be raised every 15 to 30 minutes until your contractions reach a strong pattern. Pitocin is the synthetic form of Oxytocin, which your body produces naturally.

Risks for Mother

- ☞ Mothers using Pitocin frequently report increased pain with contractions. Most mothers using Pitocin also use pain medication to handle the increased pain.
- ☞ Pitocin use requires continuous monitoring to detect complications and/or progress which interferes with mobility.
- ☞ Pitocin use requires an IV for administration.
- ☞ Pitocin use can cause long contractions and contractions with double peaks.
- ☞ Pitocin use increases the possibility of a uterine rupture.
- ☞ Pitocin use increases the likelihood of a fetal malpresentation or malposition.
- ☞ Pitocin use is associated with an increased need for cesarean surgery for distocia and fetal distress.

Risks for Baby

- ☞ Pitocin use increases the likelihood of depressed fetal heart rate patterns.
- ☞ Pitocin use increases the chances of Fetal Distress due to decreased oxygen availability.
- ☞ There are increased risks to your baby if you have a cesarean surgery.

Another option that is becoming more widely used is a drug called **Cytotec** (or **misoprostol, "Miso"**). Cytotec is proven to start labor faster than pitocin, and use of cytotec provides faster labors than pitocin. Cytotec is a small pill that is inserted into the vagina, either as a whole tablet, or broken into pieces and a portion given. (There is NO standard dosage. Please refer to my handout on **Cytotec** for more information.)



Risks for Mother

- ☞ Increases risk for uterine hyperstimulation.
- ☞ Increases risk of uterine rupture.
- ☞ Once administered, its effects cannot be stopped.
- ☞ No standard safe, effective dose.
- ☞ Use of cytotec for labor stimulation is not approved by the FDA.
- ☞ Requires continuous monitoring of baby's heart rate which decreases mobility.

Risks for Baby

- ☞ Uterine hyperstimulation can cause abnormal fetal heart rate.
- ☞ When uterine rupture occurs, the fetal death rate is 25%.

Jennifer A. McFarland, My Birth By Design, <http://www.mybirthbydesign.com/> , Jennifer@MyBirthByDesign.com , For educational purposes only. Please consult your healthcare provider with any questions. Do not reproduce for profit. Resources: <http://transitiontoparenthood.com/ttp/parented/pregnancy/induction.htm> , <http://www.birthingnaturally.net/> , <http://www.childbirth.org/articles/amnio.html>