



## Induction of Labour

You have been given this leaflet because your midwife or doctor has advised you to have your labour induced (started off). This leaflet will help you your partner and family understand what may happen during your induction of labour.

**Please telephone the delivery suites at:**

**Good Hope Hospital at 08:00**  
**Heartlands Hospital at 09.00**

On: ..... Tel No: .....

The midwife will advise you what time to come in for your induction of labour and where to go.

On the day of your induction please have breakfast before your admission. Please bring with you your pregnancy hand held notes, any medicine or inhalers you need regularly and an overnight bag.

### What is induction of labour?

This is when medical intervention is used to open the cervix (neck of the womb) and stimulate your uterus to start contracting. Induction is performed in hospital in a ward located near to the delivery suite. You will be offered one or all of a variety of methods to induce your labour.

The medicines we use are versions of natural hormones found in your body in pregnancy.

**Induction of Labour may include one of the following processes which are described in more detail below:**

- Prostaglandin pessary
- Artificial rupture of the waters
- Hormone drip (Oxytocin)
- Foleys Catheter (fine rubber tube inserted through the cervix )

### Why is labour induced?

We prefer labour to start naturally. Most women will go into labour between 37- 42 weeks of pregnancy. By 40 weeks 6 out of 10 women will have given birth. By 42 weeks 8 out of 10 women will have given birth.

Sometimes induction is recommended by your doctor or midwife because there are concerns about you or your baby's health. Some of the reasons why induction of labour may be offered are:

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- Your pregnancy is 12-14 days over the due date
- Your waters have broken more than 24 hours ago
- High blood pressure
- Diabetes
- Your baby is small
- Your baby has not been moving as much as usual

### Membrane Sweeping

This is when your midwife or doctor inserts a gloved finger into your cervix to separate the membranes from the cervix. This has shown to encourage natural labour to start. We recommend at least 2 cervical sweeps performed, on separate days, for it to be more successful. The procedure can sometimes be uncomfortable but is not usually painful. After a membrane sweep you might have a mucousy blood loss. Please ask your midwife about this.

### On the day of Induction

On the day of your induction you will be admitted to Heartlands or Good Hope Hospital. Your blood pressure, pulse and temperature will be checked. The midwife will check your baby's heartbeat with a Pinard (small hand held trumpet) or Doppler (small monitor placed on your tummy).

### Prostaglandin Pessary

Prostaglandins help to stimulate the uterus to contract and soften the cervix. Your midwife or doctor inserts the pessary into the vagina behind the cervix. Each pessary works for 24 hours. There is a string attached to it to allow it to be removed after this. Two prostaglandin pessaries may be used (over 2 days). Sometimes more time is needed between pessaries and induction can take a day or more before labour starts. In specific situations we also use a pessary that lasts only 6 hours.

Your baby's heart rate will be monitored using an electronic monitor for at least 30 minutes before you have your first pessary continuing for at least 30 minutes after. You will then be encouraged to walk around, eat and drink as you like, until your next assessment 6 hours later. You may experience period type discomfort and mild contractions within a few hours.

Occasionally the prostaglandins can stimulate the uterus to contract too frequently and affect your baby's heart rate. If this happened you would be given a small injection to reverse the effect of the prostaglandin.

### Artificial Rupture of the Membranes

If you have not gone into labour and your cervix has started to soften you will be offered to have your waters broken. This is usually done by the midwife but sometimes by the doctor. A small plastic hook, is inserted into the vagina through the opening of your cervix, and breaks the bag of water around your baby. This may be a little uncomfortable but does not harm you or the baby.

### Oxytocin

This is a drug that is dripped slowly into a vein in your hand or arm to stimulate contractions. The baby's heart rate will be monitored continuously until the baby is born.

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### Can I have labour induced if I have had a caesarean section in the past?

Having labour induced causes an increased chance of the scar on the womb opening up during labour. The chance of problems occurring with the scar on your womb is smaller if you go into labour on your own. For this reason, if you have a previous caesarean the decision to have labour induced after 41 weeks should be carefully discussed and planned with a doctor.

### Useful Telephone Numbers:

**Heartlands Hospital 0121 424 3514**  
**Solihull Hospital 0121 424 5051**  
**Good Hope Hospital 0121 424 7201**

### Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

### Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

### You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
  - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
  - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk).

### Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email:  
[patientinformationleafletfeedback@heartofengland.nhs.uk](mailto:patientinformationleafletfeedback@heartofengland.nhs.uk)

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: [www.patientopinion.org.uk](http://www.patientopinion.org.uk)
- I want great care: [www.iwantgreatcare.org](http://www.iwantgreatcare.org) (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

## Information for Patients

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If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.



View Only  
Do not  
issue to  
Patients