

THE KEY TO AN EMPOWERED —INDUCTION—

PHILOMENA BIRTH

www.philomenabirth.com

- **Comprehensive Understanding:** Ensure you have a thorough understanding of the reasons for your induction.
- **Informed Decision-Making:** You are the primary decision-maker regarding the medical aspects of your induction.
- **Utilizing Comprehensive Tools:** Employ both natural coping mechanisms and medical interventions to aid the progression of your labor.



Questions to Think About

- What medications will they use for your induction?
- Does your hospital have wireless monitors?
- Will your hospital feel comfortable with you eating and drinking in labor?

Journal Prompts

What makes you nervous about an induction? What would help eliminate this fear?

What would an empowered induction look like for you?

What makes you feel good about an induction?

Do you trust your medical team?

How can you help yourself feel safe in the hospital?

Do you have a clear understanding of what the process will look like?

Which items do you want to bring to the hospital to help you feel safe and comfortable?

IMPORTANT

One of the most important parts of an induction is that your medical team is not trying to make things progress too fast. The goal is to allow your own oxytocin to be released after the introduction of medication. If your contractions are getting stronger and closer together, and your doctor offers to introduce another medication or tool, ask them to give you more time.

MEDICATIONS USED FOR AN —INDUCTION—

PHILOMENA BIRTH

www.philomenabirth.com

Prostaglandins

Prostaglandins are hormones that soften and ripen the cervix, making it more favorable for labor to begin. Prostaglandin medications may be administered as a gel, tablet, or vaginal suppository. Examples include dinoprostone (Cervidil, Prepidil) and misoprostol (Cytotec).

Pitocin

Pitocin is a synthetic form of the hormone oxytocin, which is produced naturally by the body. Pitocin stimulates uterine contractions and can be administered through an IV drip.

Membrane Stripping or Sweeping

While not a medication per se, membrane stripping or sweeping is a procedure that separates the amniotic sac from the uterine wall. This separation releases prostaglandins and encourages labor to begin.

Artificial Rupture of Membranes (Amniotomy)

An amniotomy involves intentionally breaking the amniotic sac to release amniotic fluid, which may help stimulate contractions and initiate labor. It is important that your provider does not use this tool till your cervix is at least 6 centimeters.

Foley Bulb

A Foley bulb is a balloon inserted into the cervix and then inflated with sterile water or saline solution. The pressure exerted by the inflated balloon helps to mechanically dilate and soften the cervix, promoting the onset of labor contractions. Once the cervix has sufficiently dilated and labor has begun, the Foley bulb is typically removed.