

*If you have  
any questions,  
please ask your  
doctor or nurse.*

## Induction

We are glad that you have chosen to have your baby at Northwestern Memorial's Prentice Women's Hospital. Your doctor/midwife has scheduled you for an induction. This is done to bring on or induce the birth if your body has not started the process with labor.

Labor can be induced in several ways. Your doctor/midwife will discuss with you the best option(s) based on your specific needs. Before coming to the hospital, please talk with your health care provider about:

- Questions/concern about induction.
- Birth plan (use of pain medicine, atmosphere, etc.).

## Getting Ready

As your induction date draws near, it is helpful to pack 2 suitcases, one for Labor & Delivery and the other for your Post-Partum stay. The following are some suggested items.

Keep in mind, these are only suggestions.

### Labor & Delivery

- Lip balm.
- Toothbrush and toothpaste.
- Change of clothes for your labor partner.
- Music (Smartphone, iPod®/dock, etc.).
- Cord blood collection or donation kits (if you choose to donate).
- A camera. (Include your camera charger, extra batteries, and film.)
- Any written birth plan you would like to share with your labor and delivery team.
- Pillows from home. (Use colored linens. This will help distinguish your pillows from those belonging to the hospital.)

## **Post-Partum Stay**

- Toiletries.
- Nursing bra.
- Going home outfit and blanket for your baby.
- Your own personal night gown or robe, if desired.
- Another change of clothes for your labor partner and necessary toiletries.
- Going home outfit for yourself. (Most women wear what they wore when they were admitted to the hospital.)

## ***Day of Induction***

**If you are scheduled for an induction, please call L&D at 312-472-0800 before leaving for the hospital.** We will let you know if your scheduled time has changed. This will lessen your waiting time at the hospital if procedures are delayed.

Before coming to the hospital, eat a light meal and continue to drink fluids. (Once you are admitted, your diet will be restricted to ice chips only.)

Please note: If there is a change in your condition (i.e., your water breaks, you are having frequent, regular, and painful contractions) please call your health care provider. Then follow your doctor/midwife guidelines about care and hospital admission.

## **At Prentice Women's Hospital**

### ***Arrival***

- Plan to arrive 20 to 30 minutes before your scheduled appointment. This will allow time for admission and check-in. Prentice Women's Hospital is located at 250 East Superior. Be sure to give yourself plenty of time for travel, including traffic time, parking, and check-in.

### ***Parking***

Parking options for patient and visitors include:

- Valet parking.
- The garage at 222 E. Huron, across from the Feinberg and Galter pavilions. For discounted rates, please bring your parking ticket with you. Tickets can be validated at the Customer Services Desks; 1st floor of Prentice (including the Prentice 24-hour desk near the Superior entrance).

### ***Check-in***

Stop at the Customer Service Desk on the 1st floor of Prentice Women's Hospital. You will be directed to the patient registration desk on the 1st floor before coming up to Labor and Delivery. Once registration is complete, you will go to the 8th floor Labor and Delivery Unit. The unit secretary will greet you in Labor and Delivery and notify the nurse of your arrival.

Please keep in mind that we will do our best to see you at your scheduled time. We will advise you of any delay. (Inductions usually do not begin before the scheduled time.)

## **Labor and Delivery Unit**

Once in the labor/delivery room, we will ask you to change into a hospital gown and to provide a urine sample. At this time, if you have a cord blood donation kit, please give it to the nurse.

The nurse will take your temperature, blood pressure and pulse. While lying in bed, you will be connected to an external monitor that checks your baby's heart rate and records labor contractions. This device will be placed around your belly like a belt.

The nurse will review your medical and prenatal history in detail.

The nurse will place an IV (into the vein) line in your hand or arm so we can give you fluids and medicines. The IV will remain in place throughout your labor, delivery, and recovery process.

### ***Who will Visit***

A member of the anesthesia team will come to your room to review your health history and talk about pain management options.

You will also meet members of the unit's OB team. Our team is made up of resident doctors, medical students, and certified nurse midwives. These team members will work with your doctor and nurse during the induction and labor process.

The team members are happy to answer any question you may have.

## **Type of Induction**

There are several methods of inducing labor.

The 3 most common induction methods used at Prentice include the following:

**Oxytocin (Pitocin™)** is a hormone that is given IV. It works in two ways to:

- Start labor contractions.
- Increase the force (strength) of existing contractions.

Your nurse will start the oxytocin at a low dose and increase it as needed. The dose is controlled by a special pump connected to the IV tubing.

**CRIB (Cervical Ripening with Balloon)** is another method. A small rubber tube with balloon tip is placed into your cervical opening (usually by a resident doctor or a certified nurse midwife). The balloon is inflated with saline. The pressure of the balloon will help to dilate (open) and soften your cervix. The CRIB remains in place for about 6 to 12 hours. An oxytocin drip may be used with CRIB.

**AROM (Artificial Rupture of Membranes)** is done by a resident doctor, certified nurse midwife, or an attending doctor. The breaking of your bag of water (amniotic fluid) may start or increase the intensity of your contractions. The discomfort you feel is similar to routine cervical exam

### ***During your Induction and Labor***

During induction, the staff will closely monitor you and your baby. This includes your baby's heart rate and your contractions.

As labor and the induction of your labor may be a lengthy process, it is important for you to get as much rest as possible. Please keep this in mind when inviting visitors to the unit. You may have 4 visitors at the bedside (including your labor partner). Only your children or stepchildren may visit. All children must be accompanied by a responsible adult (other than the mother) at all times.

Please know that we will do our best to maintain a safe and healthy environment for you and your baby while we:

- Honor your preferences.
- Answer your questions.
- Address any concerns.

## **Health Information Resources**

For more information, visit one of Northwestern Memorial Hospital's Health Learning Centers. These state-of-the-art health libraries are located on the 3rd floor of the Galter Pavilion and on the 1st floor of the Prentice Women's Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to [hlc@nmh.org](mailto:hlc@nmh.org).

For additional information about Northwestern Memorial Hospital, please visit our Web site at [www.nmh.org](http://www.nmh.org).

*Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.*

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Developed by: Labor and Delivery

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1100-07  
900884 (09/12)