

South Shore
OBSTETRICS & GYNECOLOGY
Women's Health Care

HELPFUL HINTS FOR INDUCTION OF LABOR

We want the start of your labor experience to be smooth and enjoyable.

Here are a few hints to help you with your induction of labor

1. Please go about your usual daily routine – shower and get ready for the day, so that you will be as comfortable and as confident as possible.
2. Prior to coming to the hospital, please call Labor & Delivery, Lakeland / St. Joseph at 983-8266 to verify your appointment. While we try to start your induction at the scheduled time, we cannot guarantee it. We must first take care of the patients here in active labor. We want you to have personal and closely attended care. So please understand if we are very busy, we may have to call you back and start your induction later in the day or another day. We appreciate your patience and only do this to help insure safe, quality care.
3. Unless directed by your physician, please eat breakfast prior to your arrival. Once you are here, we often can only give you clear liquids or ice chips.
4. If it helps you to rest better, bring in your favorite pillows.
5. Bring in a picture or other object to focus on during your labor.
6. Bring in your favorite scented lotion. It can be soothing to have your support person massage your back or feet with it. Scent is a powerful distractor.
7. Music can be very relaxing during labor. So, you may want to bring in your favorite CD and CD player.
8. Your induction may take a few days, so bring in simple toiletries from home that will make you most comfortable such as your toothbrush, facial soap and deodorant.
9. Understand that everyone is different and your induction may take a few hours or a few days. You are not a failure if it's a long haul. You are an individual. Depending on the circumstances, you may even go home to sleep between attempts at induction. You will rest better in your own familiar environment as it can be very difficult to sleep at the hospital.

We look forward to seeing you and wish you a positive birthing experience!