

Induction of Labour Assessment

Cape Breton Regional Hospital

This pamphlet will help you get ready for your induction of labour assessment and learn what to expect. **Please read the whole pamphlet carefully.**

What is induction of labour?

- Induction of labour is when a method or a medication is used to start labour before it starts on its own. The goal of induction is to have a vaginal birth.

What is an induction of labour assessment?

- This appointment is to see if you are ready for induction.

Will I be induced during my assessment appointment?

- Even though the goal is to start your induction on the same day as your assessment appointment, this may be delayed several hours or days.
- Before induction can start, the Labour and Delivery Team must be available to induce you and care for you during your labour. This is for your safety, your baby's safety, and for the safety of all patients.

How long does induction take?

- Induced labour is different for every person and every labour. Once we start the induction, **it can take several hours or days for labour to start.**
- There is also a chance induction may not work and you may not go into labour.

Before you come to the hospital

- Plan to arrive at the Cape Breton Regional Hospital at **7:30 a.m.** Go to the 3rd floor, Labour and Delivery.
- **Eat breakfast** before you come to the hospital.
- You may choose **2 support people** to come with you to your appointment. **Once you have chosen your support people, you cannot change them.**
- Children **are not** allowed in the labour room.

What will happen at my appointment?

- When you arrive on Labour and Delivery, a nurse will ask you questions.
- They will do an abdominal (stomach area) exam.
- They will put an Electronic Fetal Monitor (EFM) on your abdomen (belly) for at least 20 minutes. The EFM will:
 - › Monitor your baby's heart rate
 - › Check for uterine activity (tightening or contractions)
- An obstetrician (doctor who specializes in childbirth) will:
 - › Do an abdominal (belly area) assessment
 - › Ask for your consent (permission) to check your cervix. The **cervix** is the lower part of the uterus (womb) that opens at the top of the vagina.
 - › Decide what method of induction is right for you

Visitors

- There are no waiting rooms on Labour and Delivery.
- There are no sleeping accommodations for visitors.
 - › We will offer your support person a cot if one is available.
- Visitors should only come to the hospital **after** you are transferred to the Family and Newborn Care Unit (FNU).
- There are no visitor restrictions on the FNU, but please limit the number of visitors you have at one time.

What if I have signs that my labour has started before my assessment appointment?

Go to the hospital before your assessment appointment if:

- › Your water breaks
- › You have spotting, bleeding, or fluid leaking from your vagina
- › Your baby is moving less
- › You think you may be in labour
- › You have pain and need support or medication

If you have questions or concerns before your assessment appointment:

- Call your prenatal care provider:

- › Phone: _____

or

- Call the Labour and Delivery Unit:

- › Phone: 902-567-7834

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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