



## Otaika Road Midwives

otaikaroadmidwives.co.nz

### **INDUCTION OF LABOUR**

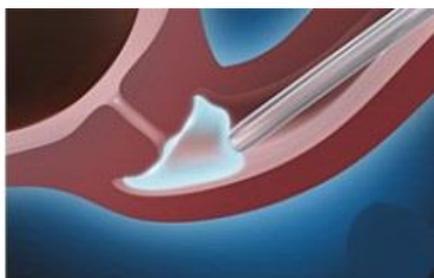
Induction of labour is when labour is started off artificially. In 5-25% of pregnancies, there comes a time when either the baby or the mother would be better off if the baby was born e.g.

- If the mother has pre-eclampsia or diabetes
- The placenta is not working properly and your baby is small
- Your baby is overdue. Induction of labour is offered between 41 – 42 weeks of pregnancy
- Your waters have broken for 24 hours with no contractions

### **HOW IS LABOUR INDUCED?**

Induction of labour can be done in three ways (or any combination of the three ways).

- **Hormone Gel (Prostaglandin Gel)**  
A gel containing the hormone Prostaglandin is inserted high into the vagina around the back of the cervix. It ripens (prepares) the cervix for labour and stimulates the uterus to contract. It is most effective if the mother is almost ready to go into labour anyway. You will be asked to remain on your bed for one hour after, as this will allow the gel time to be absorbed. Your baby's heartbeat will be monitored for one hour after the Prostin has been given and then you may get up, walk around and eat and drink. Repeat doses may be necessary if the cervix is long and closed.
- **Breaking the waters (Artificial Rupture of Membranes)**  
The bag of waters (or the membranes) around the baby are artificially broken, letting out the waters (amniotic fluid). A vaginal examination is done and an amnihook (similar to a long crochet hook) is inserted into the vagina and through the cervix and a small nick is made in the membranes and the waters leak out. This procedure can only be done if your cervix is open enough to allow your waters to be broken. However, following this procedure you will need to wear a sanitary pad as the amniotic fluid will continue to leak out from the times your waters have broken until the time your baby is born.



Prostin gel



Breaking your waters

- **Hormone Drip (Syntocinon)**  
If your labour has not started within two hours of breaking your waters, an intravenous luer (drip) will be inserted into a vein in your hand or arm and a drip containing the hormone Syntocinon is put into your arm. The drip is attached to a machine which controls the drip rate. The drip rate is gradually increased until you are contracting every 3-4 contractions every 10 minutes. Your baby's heartbeat is watched closely throughout the labour. The intravenous drip is usually taken out a couple of hours after your baby is born.  
Note: A Syntocinon drip is only used after your waters have broken.



### **Helping labour along (Augmentation of labour)**

Sometimes labour starts by itself but then slows. To speed up a labour that has slowed down, your waters will be broken (if they have not broken already) and a Syntocinon drip will be started to help the contractions become more regular and stronger.



**Once you go into hospital for induction of labour, the staff on delivery suite will administer the Prostin gel every 6 hours and monitor your baby.**

**The midwives on delivery suite will call us when you are in established labour.**