

## Induction

Some pregnancies may require an induction which involves using medications or different techniques to start labour. This is something to be discussed with your physician as every patient's circumstances are different.

Some reasons an induction might be recommended are pre-eclampsia, gestational diabetes, a large baby or to prevent your pregnancy going post-dates. Occasionally indications are done for 'social' reasons such as a history of fast deliveries with a long drive to the hospital.

The first step involves 'ripening' the cervix. This can be done with a balloon, a medication called cervadil which looks like a small tampon or a medication given by mouth called misoprostol. If you have the balloon or cervadil and are healthy you may be able to return home overnight.

Once the 'door is opened' the next step is starting contractions. This can be done with an artificial rupture of membranes (opening baby's water) with an IV medicine called oxytocin or with an oral medication called misoprostol.

Induction can take a few days so we try to start the process by 41 weeks at the latest. This is because the stillbirth rate goes up dramatically at 42 weeks.



<https://www.pregnancyinfo.ca/birth/labour/induction/>