



# Preparing for Your Induction: Labor and Delivery

At Mount Sinai, the health and safety of you and your baby are our top priorities. But that's not all – we also want to make sure your labor is a positive, memorable experience for you and your family. Knowing what to expect before your labor induction can help you feel more prepared and empowered throughout your delivery.

Labor induction is when your doctor makes your labor begin by using medication or other methods. There are a few reasons inducing labor may be the best choice for your health and the health of your baby.

## Your Induction Information

DATE	TIME
PROVIDER OR PRACTICE NAME	
REASON FOR INDUCTION	

## Checking-In

Your induction will be scheduled for a specific date and time. We will do everything we can to begin on time. Sometimes there is a delay due to unexpected circumstances. As soon as we are able, we will take you to your room and begin the process.

## Pain Management

There are several ways to cope with pain during labor. These include non-medical approaches, IV pain medications, and epidural anesthesia. Talk to your doctor or midwife about which methods may be best for you.

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## Preparing for Your Induction: **Labor and Delivery** (continued)

### **The Procedure**

Throughout your induction, your care team will perform cervical exams. We will always ask you for your consent first. Please let your doctor know if you'd like to talk about how we can make these exams easier for you in any way.

### **Cervical Ripening**

First, we may need to prepare your cervix by thinning and softening it – this is called “cervical ripening”. There are different ways we can do this. We may insert a medication called misoprostol (or Cytotec) into your vagina. We may insert a small tube (catheter) into your cervix. At the end of this tube is a small balloon which we fill with saline. This is called a “Foley balloon” or “cervical balloon.”

### **Oxytocin**

We will give you a medication called oxytocin (Pitocin) through your IV. Oxytocin will help cause your uterus to contract.

### **Labor Monitoring**

It's normal for the entire induction process to take anywhere from 1 to 3 days. We will monitor you and your baby throughout your labor to make sure your baby is safe.

### **Breaking Your Water**

This is also called “rupturing the membranes.” Your doctor or midwife may break your water after the Foley balloon is removed or your cervix begins to open or dilate.

### **Postpartum**

After delivery, we will make every effort to place you in a single-bed room. However, if none are available, you may be placed in a shared room, and may or may not have a roommate. We have a limited number of upgraded rooms. Depending on availability, one may be reserved for an additional cost, paid immediately after delivery.

**Your care team is here to support you every step of the way. Please let us know if you have any questions or concerns, and we will make sure you have all the information you need.**

### **Contact Us**

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