

Induction of Labour

Waiting for the birth of your baby can be both an exciting and anxious time. For mothers who do not experience spontaneous labour or for those where medical reasons exist, we may need to stimulate the onset of labour to benefit the mother and baby. This is called an **induction**. If this happens, your doctor or midwife will discuss the reason for your induction, examine you, and discuss the type of induction that is right for you.

The reason I am being induced is: _____

My Appointment: You will receive a call from the hospital regarding your appointment date and time.

Please note: For the safety of you and your baby, we may have to reschedule or delay your induction.

Location:

Humber River Health
Maternal and Child Program
4th floor, 1235 Wilson Ave.,
Toronto, ON M3M 0B2

Take the Central Elevators to the 4th floor.



Tel: (416) 242-1000

Birth Unit/Obstetrical

Assessment: Ext. 45300 / 45200

Outpatient Clinic/Prenatal

Clinic/Lactation Clinic: Ext. 21450

Types of Induction

Prostin: A gel that contains medicine that softens the cervix and prepares it for labour. We insert it into the vagina and monitor you for about 1 hour before you are able to return home. After about 5 hours, you will come back to the hospital for triage and reassessment.

Cervidil: A vaginal insert attached to a string (similar to a tampon) that softens the cervix and prepares it for labour. We insert it into the vagina and monitor you for 1 to 2 hours. You may be able to return home afterwards and we will let you know when to come back to the hospital to get reassessed. We pull the medicine out by the string after 10 to 12 hours or until labour begins.

Balloon (Foley) Catheter: A tube that your doctor inserts into the cervix to help open it. The tube usually stays in the cervix for several hours or overnight, until it falls out at the start of labour or your doctor removes it after reassessing you.

AROM (artificial rupture of membranes): During a vaginal exam, your doctor or midwife uses a small device to gently pull on the bag of membranes (or waters) that surround your baby to make a small hole.

Oxytocin (Pitocin): A medicine that starts labour. A pump pushes the medicine into your vein (intravenously). For this induction, you stay in Labour and Delivery and a nurse monitors you continuously.

During any induction, we monitor both you and your baby closely. If we discharge you home, we give you an instruction sheet to let you know what to do while you are at home and when to return.