

## **THINGS TO KNOW WHEN YOUR LABOR IS BEING INDUCED**

1. Do not eat or drink after midnight. Water, clear juice, and popsicles are okay.
2. Plan to arrive promptly at your scheduled time. Please remember to call labor and delivery before leaving home to insure no waiting 765-4898.
3. Please leave jewelry and valuables at home.
4. Pack a “goodie” bag for labor and a separate suitcase for use after delivery. Please leave this suitcase in the car. That way there will be more space in the birthing room.
5. Inform family and friends that no one can call into the birthing room, but that you will call them. Please do not give out the labor and delivery nurse’s station phone number. Ask family and friends not to call labor and delivery, nurses are not allowed to give out patient information.
6. Admission preparations, doctor’s visits and procedures will take until about 9:00am. Ask family and friends to wait until after 9:00am before visiting.
7. We encourage family and friends to visit, but we have a few rules that help us to insure privacy to all our patients.
  - You may have 3 visitors at a time while in the birthing room.
  - We ask that no visitors wait in the hallways. Visitors should be inside the birthing room or in the waiting room.
  - No visitors are allowed in the nurse’s station at any time.
  - Please inform family and friends that the only children allowed to visit in the birthing room are the new baby’s brothers and/or sisters.

## **WHAT TO EXPECT ON ADMISSION**

1. Your doctor may order an enema for you.
2. The nurse will start an IV and draw your blood.
3. You will have continuous fetal monitoring while receiving medication to induce labor. You may be allowed to sit up in a rocking chair during the day, if your medical condition permits.
4. Keep in mind that everyone starts induction at a different stage of readiness. This means that labor could last as long as 14-16 hours. Also, some inductions may last 2 or 3 days.