

# Induction Birth Preferences

Loving Arms Childbirth Services 2021©



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When an induction is planned there are some things you can do to create a warm and positive atmosphere for your labor and birth!

- Have a conversation with your Care Provider ahead of time to learn their medical protocols and how your Bishop score affects the proposed course of treatment.

Typical steps include: Misoprostol (miso), Cook's balloon, Pitocin, artificial rupture of Membranes. It can take several hours to several days before the cervix is ready for Pitocin. Using all your tools for staying in the moment and not getting discouraged will help. Ask for a telemetry (mobile wireless monitor) unit so you can move around and stay active.

- Be prepared for a (possibly) longer stay with extra food and treats for the birthing person and the partner. Stay well hydrated and fed.
- Bring any items that will help you feel comfortable and well cared for including: music, battery candles and/or Christmas lights, eye mask, your own pillow and blanket, massage oil, rebozo, games, books, etc
- Cuddle time helps increase oxytocin and is reassuring to the pregnant person
- Have fun during the daytime! Dance, watch funny things on tv or Youtube, cuddle in bed together, eat popcorn, try the Miles Circuit <http://www.milescircuit.com>, do a foot massage, take showers together.
- Use battery candles in the room and especially in the bathroom so you can turn the bathroom into your personal spa!!
- Sleep: In the earlier parts of the induction before you are in active labor stick to your normal routine for going to bed. Start in bed together!
  - Inform your nurse to NOT wake you up or turn on lights or talk to you during the night unless absolutely necessary
  - Cover all monitors and turn off the sound
  - Wear ear plugs or earbuds with soft sleep music so the hospital sounds do not bother you
- Once active labor is established continue with all comfort measures and labor support techniques you learned and practiced.