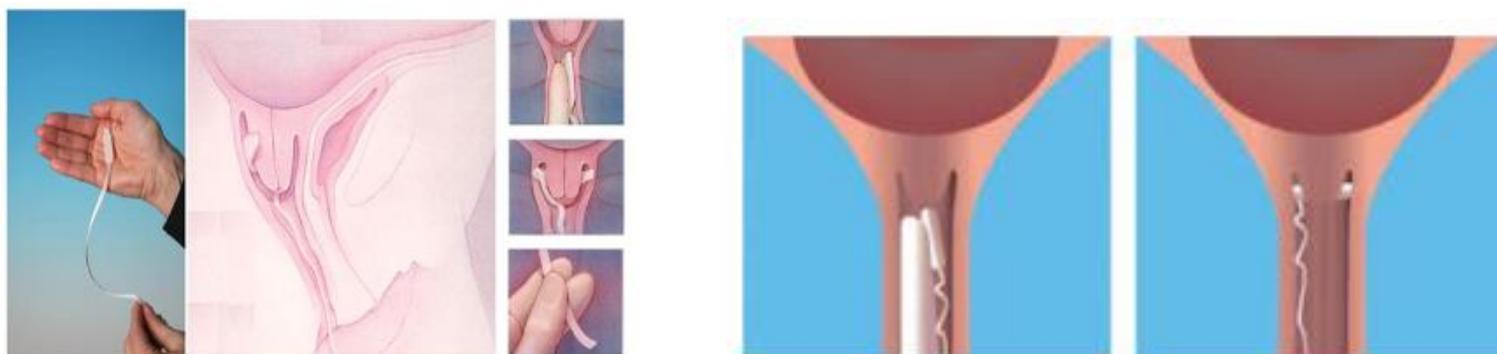


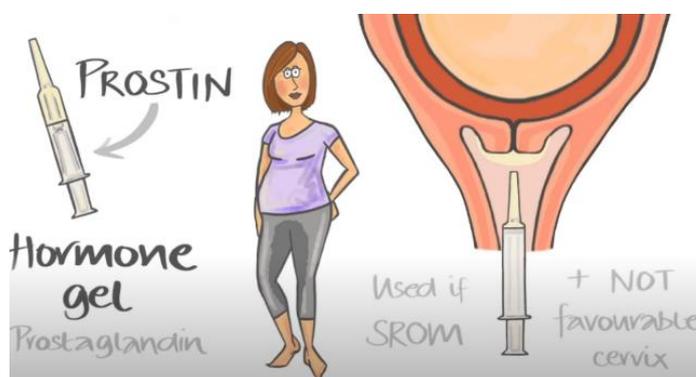
Induction of Labour – “First step” and “Second step” of induction

First step – The first step of your induction of labour is having a pessary or hormone gel inserted behind the neck of your womb (or cervix) or a cervical ripening balloon (CRB) into your cervix so that it is soft enough that we can break your waters. (see the methods of induction leaflet)

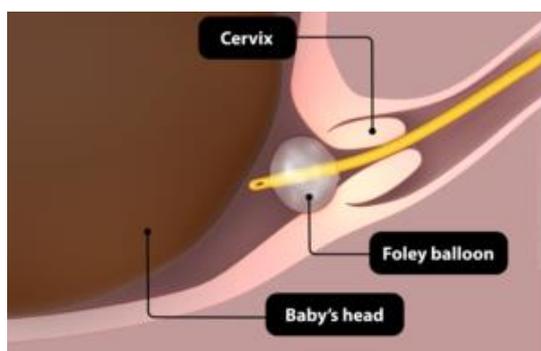
Hormone pessary



Hormone Gel



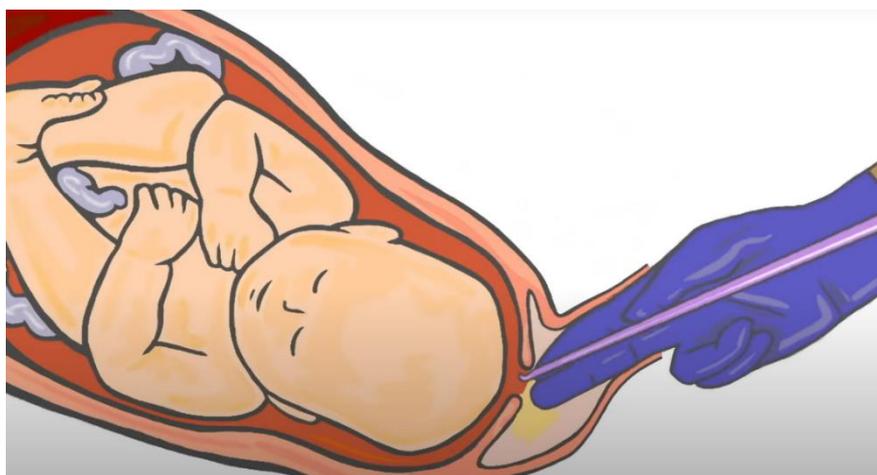
CRB



Second Step – The second step of your induction of labour is to break your waters (or perform an artificial rupture of membranes – or ARM) and the commence on the oxytocin hormone drip.

Breaking your waters – Amniotomy

Once your cervix is thin and soft enough, we will start the active part of your labour. This will involve transferring you to Delivery Suite, where you will have your own room and midwife. Breaking your waters will encourage your body to produce a hormone called oxytocin. This will help to bring on stronger contractions that will dilate the cervix. To have your waters broken, you will need to have a vaginal examination and a slim hook will be used to make a hole in the bag of waters. This will not harm your baby, but it may be uncomfortable for you.



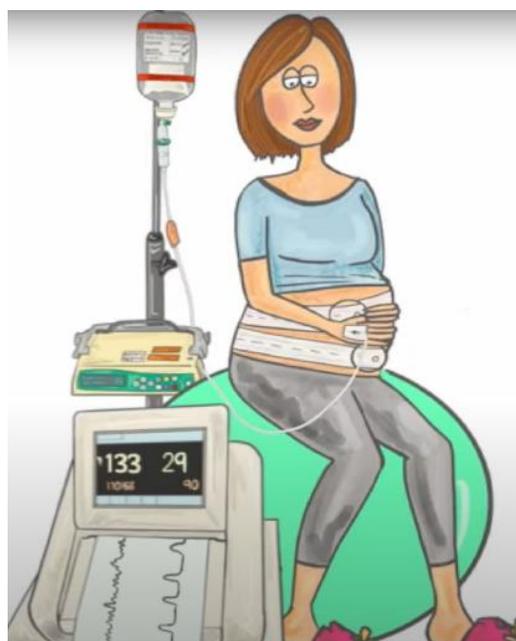
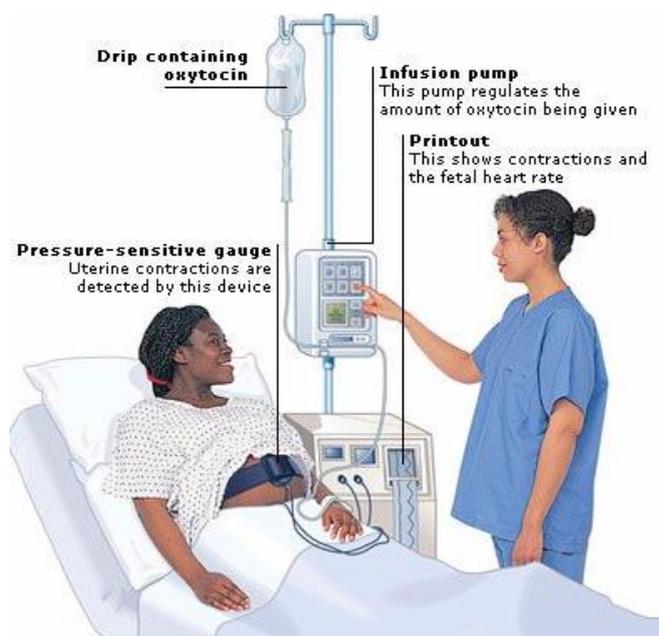
Once your waters have been broken, if you do not start to have contractions or you are having contractions with no cervical changes the hormone drip, (oxytocin hormone drip) will be commenced.

Using the Oxytocin hormone drip

Oxytocin is a hormone which aids contractions which will be started after your waters have been broken. It is given through a drip and carefully increased or decreased to make sure you have the right frequency of contractions until the birth of your baby. The drip can be turned up or down depending on how your body responds. Breaking the waters and the hormone drip take place on Delivery Suite where you will receive one to one care by a midwife. It is important that we have continuous monitoring of your baby's heartbeat during

this phase of the induction. The pattern of your baby's heartbeat over a long period of time gives a reliable reflection of how well your baby is coping with labour.

Unfortunately, there are times when this transfer may need to be delayed if the hospital is very busy. We are not always able to provide you with a timeframe for transferring to Delivery Suite, which we understand can be upsetting. If a delay in transfer is likely we will continue to provide care and support on the Induction Suite. The decision on when we can transfer you to Delivery suite to have your waters broken and hormone drip started will be the decision of the Delivery Suite Co-ordinator. This will be when she is certain that one to one care can be provided for you and your baby. This is the best way to keep you and your baby safe.



If your waters have already broken you will be assessed and may start your induction of labour on the **second step** of induction with the oxytocin hormone drip following discussion with a midwife or a doctor.