

# BIRTHING NATURALLY

## Induction Plan

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The decision to artificially begin labor is one of the most drastic ways to alter the normal course of labor. This worksheet will help you plan for your potential induction by investigating your options, your desired outcomes and your likelihood of success. Being prepared can help make your induction, should you decide to have one, a positive experience.

### I think I should/should not be induced because...

### I will be induced by...

- Natural Methods
- Artificial Rupture of Membranes
- Prostaglandin gel
- Artificial Oxytocin
- Prostaglandin tablet

### My likelihood of success is...

The Bishop's Score is an estimation of the likelihood your induction will be successful at starting labor. The higher your score, the more likely your induction will succeed. Recent research suggests dilation alone is a strong indicator of the potential success.

	Score			
	0	1	2	3
Position	Posterior	Middle	Anterior	N/A
Consistency	Firm	Medium	Soft	N/A
Effacement	<30%	40-50%	60-70%	>80%
Dilation	0 cm	1-2 cm	3-4 cm	>5 cm
Station	-3	-2	-1	>+1

### If the first attempt at induction is not successful, my backup plan is to...

### Based on the hospital I will be using and the circumstances of my induction, my induction plan...

- Allows me to eat
- Allows me to drink
- Allows me to have time off the monitor
- Allows me to be mobile
- Allows me to use the shower or tub
- Allows me to rest at night and begin again the next morning
- Allows me to go home if unsuccessful after 24 hours
- Allows me to become more aggressive if initially unsuccessful
- Allows me to use pain medication when I want it

### IMPORTANT FACTS

#### Overdue?

When induction is routine at 41 weeks, 1 fetal death will be prevented for 500 inductions.

#### Potential Big Baby?

There is no accurate way to measure the size of a baby before birth. You are as likely to have problems of the baby not fitting without being measured "large."

#### Diabetes?

50% of babies who have shoulder dystocia will be born to women without diabetes.

#### Tired of being pregnant?

Changes occurring during the last days of pregnancy help your child breathe, maintain body temperature and fight off illness.

#### Baby Not Thriving?

There is currently no standard by which to compare normal fetal growth.

#### Membrane Rupture?

There is a 15% false positive rate on the test. 90% of women whose water has broke will give birth within 48 hours.

#### High Blood Pressure?

Overall, mild PIH has very little risk for mother and baby.

Source: The Guide to Effective Care in Pregnancy and Childbirth