

Scheduled Induction

What to Expect

We are excited to help prepare you for your labor induction and the arrival of your little one at AdventHealth for Women. Please review the information below prior to your arrival at the hospital.

What is induction of labor?

Induction of labor is the artificial start of the birth process through medical interventions or other methods. Your cervix must become shorter, softer, and dilated for your baby to be born. Hormones called prostaglandins usually get the cervix ready on its own. If it stays long and thick, your health care provider may induce labor in one of the following ways.

Medications to Induce Labor

- **Prostaglandin** — Misoprostil is a medication in tablet form that is inserted into the vagina during a vaginal exam or can be given orally. Cervidil is a medication that is inserted into the vagina during a vaginal exam. Either of these prostaglandin medications can be used to help the cervix soften and will cause the uterus to begin to contract.
- **Oxytocin/Pitocin** — The body naturally produces the hormone oxytocin to stimulate contractions. Pitocin is a brand name medication that is a synthetic form of oxytocin. It can be given through an IV at low doses and gradually increased to stimulate contractions.

Artificial Rupture of the Membranes (AROM)

To help start labor, your health care provider may break your water manually. This may also be done if labor is not moving forward by itself. It allows the baby's head to move down against the cervix, which usually causes the contractions to become stronger and more effective. The procedure releases a gush of warm amniotic fluid from your vagina. You may continue to leak fluid until delivery.

Cervical Ripening Balloon

A cervical ripening balloon is inserted into the cervix during a vaginal exam. The balloon is then filled with sterile saline solution to create steady pressure on the cervix and allow for cervical dilation or opening.



Preparing for Induction

Prior to your induction day, you should:

- Register for parent education classes at BabyPlaceAcademy.com.
- Download the pregnancy app at BabyPlaceAcademyApp.com.
- Fill out your Birth Wishes form at BabyPlaceResources.com.
- Pre-register for your delivery at BabyPlacePreReg.com.
- Schedule a tour of your hospital at BabyPlaceTour.com.
- Pack your hospital bag.
- Install your baby's car seat.

On the day of your induction:

- Call your Labor and Delivery Unit one hour prior to your scheduled induction time. Delivering your baby safely is our priority. On occasion, this may mean some inductions are delayed as babies arrive when they are ready.
- Eat a light meal.
- Take a relaxing shower before heading to the hospital.

When it's time to induce:

- The induction process varies based on your body's response. There is no way to know exactly when your baby will arrive.
- Since we will be giving you medications to help you start and progress in labor, we will need to continuously monitor your baby.
- We encourage our patients to use multiple labor-assisting options. These include walking, using birthing balls and peanut balls, and dancing. You may also enjoy hydrotherapy, massage, aromatherapy, or listening to music.

Contact Us

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Daytona Beach: 386-231-1400

Orange City (Fish Memorial): 386-917-5245

Orlando: 407-303-1606

Tavares (Waterman): 352-253-3345

Winter Park: 407-646-7433



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