

Patient Information

Induction of Labour (IOL)

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Your team of Doctors & Midwives feel that there is a need to start your labour. Although the reasons for this will have been discussed with you please feel free to ask again if you are in any doubt or have further questions.

What is Induction Of Labour?

Induction of Labour (IOL) is the where we aim to artificially start your labour by one of the following methods:

- A Membrane Sweep
- Propess (Hormone Pessary)
- Cook Cervical Ripening Balloon
- Artificial Rupture of Membranes (ARM)
- Syntocinon (Intravenous Hormone Infusion)

What is a Membrane Sweep?

A membrane sweep can be performed during a vaginal examination. It can be uncomfortable and you may experience a small amount of bleeding following the examination.

A membrane sweep may increase your chances of going into labour on your own. If you do not go into labour on your own, your Midwife or Doctor may arrange for you to come into hospital to try an alternative method of induction.

A membrane sweep may be performed in the community or hospital. Depending on your individual circumstances you are not always required to be admitted to hospital following a sweep.

What is a Propess Pessary?

Propess is a thin flat pessary which contains a hormone to help induce your labour. The pessary is inserted into the vagina and can stay in for up to 30 hours. The pessary has a string attached to it so it can be removed easily if required.

You are normally reassessed vaginally to see if there is any change in your cervix (e.g. whether it has shortened in length or opened/dilated) at 24 hours following insertion.

You may start contracting and go into established labour following the insertion of the propess. If you do not go into labour from the propess we will then use a different method of induction.

If you are induced by a propess pessary you will also be admitted to hospital until your baby is born.

What is a Cook Cervical Ripening Balloon?

A Cook Balloon is mechanical device which helps to ripen and dilate your cervix by applying constant and gentle pressure using two fluid filled balloons.

The device is inserted vaginally and stays in for 12-18 hours. Your Doctor may recommend this method of induction if you are not suitable to have a Propess pessary and we cannot already perform an artificial rupture of membranes (break your waters).

Most women only report minimal discomfort during insertion. Following insertion you are able to mobilise as normal and rest as needed.

What is an Artificial Rupture of Membranes (ARM)?

An ARM may be performed to either start or continue your induction (e.g. if you have propress or a cook cervical ripening balloon beforehand).

It is performed during a vaginal examination by a Midwife or a Doctor on Delivery Suite. Your cervix has to be open or dilated to be able to perform an ARM. The aim is to make a hole in the membranes to release some of the amniotic fluid surrounding baby. It is hoped that this will stimulate your labour.

If we cannot perform an ARM we will try an alternative method of induction of labour.

What is Oxytocin/Syntocinon?

Syntocinon (trade name for the artificially made hormone oxytocin), is a hormone which is given intravenously to help stimulate your uterus/womb to start contracting. The level of Syntocinon can be adjusted so that your contractions occur regularly until your baby is born.

You will have different pain relief options available to you and you should discuss these with your Midwife. You and your baby will be continuously monitored on Delivery Suite by Midwives and Doctors.

Although you will have an infusion drip and fetal heart monitor attached to you - you will still be able to be move into different positions in labour and this is something that we would encourage.

Where will the Induction of Labour take place?

Where your induction of labour takes place depends upon different factors about you and your baby. Apart from a membrane sweep (which you can have in the community) the induction process will be started on Day Assessment Ward, Argyll Ward or Delivery Suite.

After the induction process has been started most women will then be transferred to Argyll Ward to continue the induction. If you need more frequent monitoring during the induction process you may be cared for on Delivery Suite.

Does Induction of Labour hurt?

You may find internal examinations uncomfortable but this should only be during the examination itself. Some of the methods of induction will cause painful contractions similarly to if you went into labour yourself, you will be able to have different options of pain relief if required.

How long does Induction of Labour take?

Induction of labour can be a lengthy process which can sometimes take a number of days. If you are ready to go to Delivery Suite and it is busy there may be a delay with your transfer. We will make sure that you are comfortable and you and your baby are safe until Delivery Suite can accept you. If you have any questions or concerns just ask your Midwife.

Will my partner be able to stay with me?

Your partner will be able to be present with you when the Induction of labour process is started. Most women are then moved to Argyll Ward, there are no facilities on Argyll Ward for your partner to remain with you overnight.

Visiting times on Argyll Ward are:

Partners & own children: 8am – 10pm

Other visitors: 2 visitors only between 4pm – 7pm

No one else's children are permitted to visit due to infection control reasons.

We recommend that in the early stages of induction that your partner goes home after visiting hours to ensure that you both get enough rest. This is because induction of labour can take a number of days.

When you get to stage of having an ARM/Syntocinon or you go into established labour your partner will be able to join you on Delivery Suite and stay with you until your baby is born.

References:

NICE Guideline: Induction of Labour

<http://www.nice.org.uk/guidance/cg70>

Thank you for reading this information leaflet and we welcome any feedback.

Your notes:



**This leaflet is available in large print and other
formats and languages.
Contact: Administrator
Tel: 01752 439262**

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