

## Intermountain Medical Center Labor & Delivery

### Elective Inductions

You and your care provider have decided to schedule an elective induction. We would like to give you some helpful information to insure that your experience will be the best possible for you and your family!

**Elective Induction:** Healthy, low risk pregnant women and their physicians sometimes plan to start uterine contractions because of scheduling issues or for convenience. This is called an elective induction. For elective inductions, national guidelines are followed to be sure that the mother and baby are managed safely. These include:

1. You must be at least 39 weeks pregnant or no more than 1 week before your due date.
2. Your cervix must be “ripe”, or ready to dilate and thin in labor. Your care provider, or qualified nurse should check your cervix to find out whether the cervix is ripe. If your cervix is not ready, your labor will be longer and you have an increased chance of needing a cesarean-section delivery. The chance of needing a C-section also is increased if you are electively induced with your first baby.
3. Only your care provider can call the Labor & Delivery unit to notify staff of the need for induction and to select a day to admit you.
4. About **5:00 pm** the list of patients scheduled for labor induction on the following day is reviewed. Patients who have problems with their pregnancies are given priority.
5. We will call you after **5:00 pm** the night before your scheduled induction to verify the induction and give instructions. You may get in the day of your induction based on the number of patients on the unit and nurse availability. The phone number to call is 801-507-7777.
6. The day of your induction the charge nurse will call and tell you to come in or wait. Please be ready to leave when you are called in for your induction.
7. You may eat a light meal prior to your hospital admission unless you were given other instructions by your care provider.
8. If you are on medications during your pregnancy, please clarify with your physician or midwife what you should do regarding these medications on the day of you procedure.

We know that the birth of your baby is very important to you and your family. We are happy that you plan to deliver at Intermountain Medical Center. We want this to be a special experience for your family, and we want to be able to give you excellent and safe care while you are here. If you have any questions, please feel free to call us at **801-507-7777**.

**Note:** Being scheduled for an elective induction does not guarantee you will be induced that day. Please recognize that laboring patients and emergencies have priority. We may be required to change the time and even the date of your induction.