

# What to Expect When Coming in For Medical Management of Induction of Labour





# Induction of Labour

The process of induction can be a daunting experience when you don't know what to expect, the Bereavement Team as well as Delivery Staff will be able to answer any questions that you have and this leaflet will give you a more information to refer to.

## Methods of induction

In most circumstances, two different tablets will be used to induce your labour. The first tablet 'Mifepristone' is given to help prepare your body for the next set of tablets. Often, after having the first tablet, we will then wait for 36-48 hours to start the next tablets. If you are medically well, you are able to go home during this time. The Bereavement Team will be in touch with you while you are home and you will have a number for Delivery Suite if you have any concerns and wish to return to the hospital.

Side effects of Mifepristone are uncommon however you may experience some light spotting, mild cramps, nausea and vomiting, headaches, malaise, faintness and rashes.

If you have any symptoms at all that you are concerned about, or wish to return to Delivery Suite earlier, you will be able to call at any time. While at home you can take Paracetamol but should avoid NSAID drugs such as Ibuprofen.

## Coming into hospital

After the first tablet, a time will be arranged for you to return to the hospital to start the next tablets to induce your labour, your birth partner will be able to accompany you and stay with you at all times. We recommend bringing in belongings for staying 1-2 nights, although the length of time in hospital will vary.

Within the Bereavement Suite's there is a fridge, microwave and kettle so although food will be provided to you and your birth partner, you are more than welcome to bring any snacks or drinks you want to. You may wish to bring in items to pass the time as there is often a lot of waiting around for things to get started. There is a television in the room but you may want to bring a book, laptop etc.

If there are any keepsakes you would like to stay with the baby, you can bring these in with you, these will remain with the baby at all times.

**Delivery Suite contact number: 01905 760571**

## **Coming into Hospital continued..**

The next set of tablets 'Misoprostol' are given regularly throughout the day, the first tablet is usually given vaginally and you will be encouraged to rest on the bed for half an hour after you have this one. The rest of the tablets are then given every few hours and you can take these orally. The stage of your pregnancy will determine how often you receive these tablets and the dose.

Each person will react very differently to these tablets, sometimes one or two doses can start the labour and sometimes the whole course of tablets may be needed or sometimes need to be repeated. We will keep you informed at each step of the process so you know what to expect. It will be advised to have a cannula in your hand during this process

Unfortunately this drug may lead to some side effects such as a high temperature, upset stomach, nausea and vomiting, pain and bleeding. The midwife looking after you will be able to help relieve some of these side effects.

# **Pain relief options**

The pain of labour and birth can be a big worry, the midwife caring for you when you are in the hospital will be able to discuss the below options with you further so you are aware of what is available to you. Not every option below will be appropriate for everyone and the midwife will be able to advise you on the best treatment for you.

## **Non-pharmaceutical methods**

You may wish to bring a hot water bottle with you if you think this may help, you will also have the use of a bath. Some women may have planned to use a birth pool for their labour, please discuss this with the midwife if this is still something you wish to explore.

## **Oral tablets**

Tablets such as Paracetamol and Codeine can help with early period type pain, you can have these regularly throughout the day if required and often having a baseline of simple pain relief helps stronger options work.

## **Injectable options**

Pethidine is a stronger pain relief that can help with contraction pain, it is given as an injection into the top of your leg, it can make you feel nauseous so we often give it with an anti-sickness injection to reduce the side effects it can also make you feel tired and drowsy. The effects will vary from person to person but you will often feel relief within around 30minutes and this can last for 2-4 hours.

## **Entonox**

Also known as 'Gas and air' Entonox can provide immediate relief for contractions with no lasting effects within seconds of stopping using it. It can be used alongside other pain relief options and can help focus your breathing throughout the contraction.

## **Patient controlled Morphine**

When you are having stronger contractions the midwife may suggest a Morphine drip, this will be attached to a cannula in your hand and you will have a button to press when you need pain relief. This is often a good method of pain relief as you are able to self administer as much or as little as you need. Side effects may include feeling nauseous and drowsy. We will keep a close eye on you to ensure you are not feeling too drowsy with this and you will be cared for in a private room on Delivery Suite.

# After delivery

After your baby has been born, we may recommend an injection in your leg to help deliver your placenta and reduce the amount of bleeding. Depending on the pain relief options you have used during labour it may take some time for these to clear from your system.

We will advise staying in the hospital after delivery until you are medically well enough to return home. That being said you are welcome to stay for all of the time that you need in the hospital, there will be no rush to discharge you.

Memory making will be discussed with you and performed as you wish, this time spent can be valuable in starting to understand the grieving journey and the events that have happened so far.

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

## **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

## **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

## **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

## **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

## **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.