

North Carolina Women's Hospital
Pregnancy Termination Using Induction of Labor

An induction of labor has been offered to you because you have recently learned that your baby would be born with a genetic condition or birth defect. This process can be an emotionally difficult experience for mothers and families. We understand that this is not the outcome you hoped for and we will try to be sensitive to your emotional needs.

In order to help your labor and delivery progress quickly and easily it is important to help your cervix soften and start to open before the day of your delivery. Most of the time, you will be asked to come to the hospital approximately 2 days before your induction. During this visit, a doctor will examine you and place medication in and around your cervix to help it open. This medication is called Laminaria. You will need to wear a sanitary pad after the medication is in place. It is good to have extra pads at home.

If I have questions before my procedure I should call _____.

What should I pack for the hospital when I come for delivery?

- Bring to the hospital the following items:
 - Personal toiletries
 - Comfortable shoes or sneakers
 - Comfortable clothes to wear home (you will be given a hospital gown to wear while you are in the hospital)
 - A list of your medicines, but leave the medications at home. You will be given the ones you need while you are in the hospital.
- Your family and/or friends may come with you to the hospital and one of them may spend the night with you.

How long will I stay in the hospital?

- Most women who have had medication to prepare their cervix deliver within a day.
- You should plan on staying overnight for at least one night.

What will happen when I come to the hospital?

- You should go to Labor and Delivery on the 4th floor of Women's Hospital and check in with the nurses at the desk.
- Someone will take you to your hospital room and help you get settled.
- In your hospital room, your nurse will explain what will be happening.
- You will need to have blood drawn.
- You may drink clear liquids only and you should not eat at this time.
- An IV will be started in your hand or arm to give you fluids and medication to start labor contractions.

What will happen during labor?

- During labor it is normal to feel cramping with the contractions. If you feel pain, your nurse will give you pain medication or you may choose to have an epidural.
- Let your nurse know if you have a headache, dizziness, or vaginal bleeding.

- When you feel pressure or a need to push, call your nurse. You should stay in bed and not get up to go to the bathroom at this time.
- A doctor will deliver your baby when you are ready to push. This will happen in your hospital bed.
- A doctor will examine you and remove any excess tissue from your uterus to reduce bleeding.

What happens to me after the delivery?

- Your nurse will check your vital signs and bleeding as you rest.
- When you are ready, you may eat a regular meal.
- If you have Rh negative blood, you will receive an injection of Rh immunoglobulin called Rhogam.

What happens to my baby after the delivery?

- You will be given the option of holding your baby for as long as you wish.
- When you are ready, the nurse will take your baby. You will need to decide upon cremation or a private burial service.

Will my baby be born alive?

- Many times babies are *not* born alive. The labor and delivery process is stressful on a baby especially when there is a genetic condition or birth defect present. However, some babies do breath for a short time after delivery.
- If your baby is born alive, he/she can be kept warm and given comfort until breathing stops. A nurse can do this if you and your family are not able.

What should I do at home?

- Wear a sanitary pad as long as you are bleeding.
- Take the pain medicine for cramping that has been prescribed. This is usually ibuprofen (Advil) 600mg every 6 hours.
- You can take showers or tub baths.
- You should expect some breast pain or tenderness due to milk production in the first few days after delivery. A tight fitting bra may help reduce this pain.
- Call _____ if you have any of these problems:
 - Bleeding that completely soaks a large sanitary pad in one hour
 - A fever of 100.4 degrees F or 38 degrees C.
 - Pain that does not get better with medication
 - A foul smelling drainage from your vagina

What numbers do I call for help?

This is a difficult experience. Be gentle with yourself and give yourself time to heal both emotionally and physically. It is good to have someone you can talk to about how you are feeling.