

Induction of labour

Induction of your labour is considered in the case that continuing the pregnancy would increase the risk of harm to you or your child.

The goal of an induction is to induce a vaginal birth by ripening the cervix and stimulating uterine contractions. It can take several days before labour actually begins. The induction method is chosen based on the mother's and baby's health and how ripe the cervix is, and sometimes several methods are used.

Methods for induction

Labour can be induced by the following ways:

1. Balloon catheter

A balloon catheter is inserted into the cervix during a pelvic exam, and the balloon at the end of the catheter is filled with fluid. The balloon catheter dilates and ripens the cervix mechanically. After the procedure, you will be discharged home after monitoring baby's heartbeat. You can move, go to the toilet and shower normally. If the balloon does not come out within 24 hours, you will come to the clinic to have the balloon removed and we will then plan further procedures.

2. Prostaglandin medication orally or vaginally

Prostaglandin softens and ripens the cervix and causes the uterus to contract. The medicine is administered orally every 2 to 4 hours, until the contractions start. During the medication, you will be in the pregnancy follow-up ward. The baby's heartbeat is monitored when the contractions begin.

3. Oxytocin medication intravenously / Rupturing the membranes, "breaking the waters"

If the cervix is mature, oxytocin is administered intravenously in the labour ward. The baby's heartbeat and your contractions are monitored during the oxytocin infusion. You can move freely while receiving infusion. When the cervix is partially dilated, the amniotic membranes can be ruptured artificially during the pelvic exam. The procedure is painless. After the membranes have been ruptured, amniotic fluid continues to leak until the baby is born. Oxytocin administration is paused at least for a short time in case of puncture of the membranes. When the artificial rupture of membranes is carried out, it means that the decision to proceed into labour has been made.

We wish your family the best of luck with the birth!

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These instructions are intended for patients under our care.