

Anne Arundel Medical Center
Labor and Delivery Unit
Induction Process

We are looking forward to meeting you and your new baby. Here is some information that may be helpful for you to understand the induction of labor process.

ASK Questions! We are here for you. Our goal is to have a healthy mom, healthy baby & a happy family!



<p style="text-align: center;">Before you arrive...</p> <ul style="list-style-type: none"> • The office will contact you with an induction date and estimated window of time. • Labor & Delivery will call you with a specific arrival time on your induction day. • Please be aware, on the day of your induction; the scheduled block of time can be <u>delayed or even cancelled</u> due to the number of patients currently in labor and emergencies. • Know the reason for being induced. • Bring items from home that will help you feel comfortable during labor. 	<p style="text-align: center;">To eat or not to eat???</p> <ul style="list-style-type: none"> • Eat a light meal before arriving to the hospital per your provider's instructions. • Plan to have clear liquids until after you deliver. This includes any liquid that you can see through at room temp. We provide ginger ale, apple juice, cranberry juice, Jell-O, popsicles, ice and water. If you prefer, you can bring your own choice of clear fluids to drink during labor.
<p style="text-align: center;">When you arrive and during your stay...</p> <ul style="list-style-type: none"> • You will be given an IV and we will monitor you and your baby throughout the process. • Labor can be induced by several methods. Through IV medication, a medical gel or tablets placed directly on your cervix, tablets given by mouth and/or with a balloon device placed in your cervix. 	<p style="text-align: center;">Expect the unexpected...</p> <ul style="list-style-type: none"> • Have an open mind because sometimes induction of labor takes more than a few hours and occasionally can take a couple of days. • Induction of labor sometimes does not work the first time and you may be sent home undelivered if this happens. • If you have any medical problems or any problems arise during the induction process, some of these guidelines may be altered to ensure the safest environment for you and your baby.

***Please park in Garage C off of Medical Parkway and follow signs for the Clatanoff Pavilion, Labor and Delivery.

If you have any further questions regarding this process, please feel free to ask your provider.