

## a. Induction

### MODULE 7

Few women have their babies exactly on their due date. Pregnancy usually lasts between 38 and 42 weeks but there are exceptions. If you do not begin your labour around this time, your health care provider will watch you carefully.

Labour is induced for specific reasons which may include:

- The mother has a medical problem such as heart disease, diabetes, or high blood pressure.
- The baby has a medical problem and must be born sooner.
- Your health care provider decides that your pregnancy has lasted longer than is safe for you or your baby.
- Your waters have broken, but labour has not started.

Labour can be induced using different methods such as: [stripping the membranes](#)<sup>1</sup>, [cervical ripening](#)<sup>2</sup>, [artificial rupture of membranes](#)<sup>3</sup>, and [induced contractions](#)<sup>4</sup>.

Discuss with your health care provider if you have additional questions about induced labour.

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1. This technique involves detaching the membrane of the amniotic liquid bag that is attached to the cervix. In doing this, the doctor inserts a finger against the interior wall of the cervix to free the attached membrane. Following this intervention, most women feel a few cramps accompanied by pinkish or reddish vaginal discharge.

2. If the cervix has opened completely and labour must be induced, the health care provider may try to stimulate the cervix. To do this, a jelly or tablet containing hormones is placed inside the cervix in the vagina. There are also other methods. It is very important that the cervix be ready and soft before inducing labour.

3. If labour has not yet begun and the water has not yet broken, the doctor may rupture them. This procedure is similar to an internal examination and is not painful. For most women, labour will begin within the next 12 hours on condition that the cervix is ready.

4. If labour does not begin spontaneously and the cervix is ready, an artificial hormone is injected by intravenous. This hormone stimulates the uterus causing it to contract. The contractions will increase in intensity and get closer together as the dose is increased.