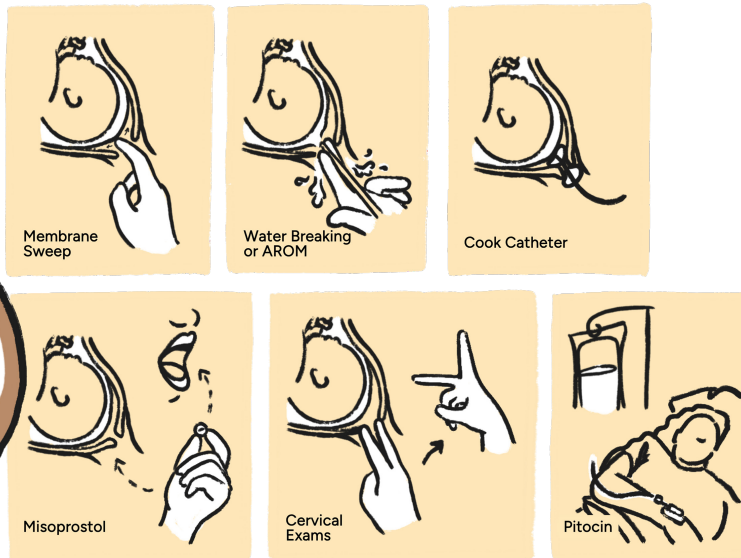


Induction of Labor



Illustrations by The Educated Birth/Cheyenne Varner

What does it mean to have my labor induced?

Having your labor induced means starting your labor at the hospital with different medicines or treatments.

How long will it take if my labor needs to be induced?

Starting your labor takes time! Most babies are not born the same day you go to the hospital. It can take 1-3 days for the baby to be born.

How will my labor be induced?

There are medicines and treatments that help get the cervix (the opening of the uterus) ready for labor, and other medicines that will start contractions. You will have an exam when you arrive at the hospital to see if your cervix is open (dilated). You and the team will decide what the best way to start your labor is after your exam.

What can I expect when my labor is induced?

- You may have to wait to eat.
- You can drink water, juice, broth, or popsicles.
- Sometimes you can walk, shower, change positions, sleep, and go to the bathroom by yourself.
- You may have a monitor and belts on your belly to listen to the baby's heartbeat the whole time or some of the time.

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[Medical Labor Induction](#)

[Helping your Labor Stat with Cervical Ripening](#)

