

THE STRAIGHT SCOOP ON INDUCTIONS



LABOR INDUCTION IS A COMMON PROCEDURE.

Almost
1 IN 4 WOMEN 

have labor induced in the U.S.

MANY INDUCTIONS OCCUR FOR **NO MEDICAL REASON.**

BUT IS IT A GOOD IDEA?

Inductions pose increased risks of:



UNDER PRESSURE



15%
of parents feel pressure
from their provider.¹

Additional pressures may come from family or the calendar.

ASK QUESTIONS

Before you agree to accept an induction, take the time to discuss important questions with your care provider.



Is there a medical reason to induce labor?



How ready is my body for induction?



Is my baby in danger if I don't go into labor now?



Am I in danger if I don't go into labor now?



What does the research say about the risks?

PUSH FOR BETTER CARE

Here are a few ways to make sure you're prepared to discuss these questions and push for better care:



Get educated - take a Lamaze childbirth education class



Discuss induction when choosing a care provider



Hire a doula for labor support

VISIT WWW.LAMAZE.ORG TO LEARN MORE.



1 Declercq ER, Sakala C, Corry MP, Applebaum S, Herrlich A. Listening to MothersSM III: Pregnancy and Birth. New York: Childbirth Connection, May 2013. http://transform.childbirthconnection.org/wp-content/uploads/2013/06/LTM-III_Pregnancy-and-Birth.pdf

2 "Labor induction: Risks - MayoClinic.com." Mayo Clinic. Web. 9 Sept. 2013. <http://www.mayoclinic.com/health/labor-induction/MY00642/DSECTION=risk>.

3 Amis, Debby. "Healthy Birth Practices #1: Let Labor Begin on Its Own." Lamaze International. 2009. Web. 9 Sept. 2013. <http://www.lamazeinternational.org/p/cm/ld/fid=8>.

4 CDC. (January 31, 2018). National Vital Statistics Reports Volume 67, Number 1. Retrieved from https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67_01.pdf