

Induction Birth Plan

Planned or medical induction of labor

birthplan.net

Name: _____

Reason for induction: _____

Birth partner(s): _____

Hospital: _____

Induction date and time: _____

Weeks pregnant on that day: _____

Doctor / midwife: _____

Allergies / GBS status: _____

My labor is being induced. I understand induction can take a day or more and that plans may change. Please explain each step before it happens and give us time to ask questions whenever it is safe.

BEFORE WE START

- ☐ Explain the reason, the options and the timeline
- ☐ Membrane sweep first if appropriate
- ☐ Tell me which method you plan to use and why
- ☐ Cervical exam (Bishop score) explained to me
- ☐ Option to go home during ripening if baby and I are well

Other: _____

RIPENING THE CERVIX

- ☐ Balloon / Foley catheter
- ☐ Prostaglandin gel, insert or tablet
- ☐ Pain relief offered during ripening if I need it
- ☐ Partner can stay overnight with me

Other: _____

STARTING AND MANAGING LABOR

- ☐ Break my waters only after discussing it with me
- ☐ Start oxytocin (Pitocin) at a low dose and increase slowly
- ☐ Turn oxytocin down or off once labor is established, if safe
- ☐ Wireless monitor so I can move around
- ☐ Upright positions, birth ball, peanut ball
- ☐ Eat light snacks and drink if allowed

Other: _____

PAIN RELIEF

- ☐ Breathing, massage, shower, TENS
- ☐ Nitrous oxide (gas and air)
- ☐ IV pain medication
- ☐ Epidural when I ask for it
- ☐ Epidural early, as soon as it is allowed

Other: _____

PUSHING AND BIRTH

- ☐ Push when I feel the urge
- ☐ Choose my own position
- ☐ Warm compresses and perineal support
- ☐ Avoid an episiotomy unless necessary

Other: _____

RIGHT AFTER BIRTH

- ☐ Immediate skin-to-skin
- ☐ Delayed cord clamping (at least 30-60 seconds)
- ☐ Partner cuts the cord
- ☐ Uninterrupted first hour with baby

Other: _____

IF LABOR DOESN'T PROGRESS

- ☐ Talk us through the options and the time frame
- ☐ Time to talk privately before deciding
- ☐ My partner stays with me throughout
- ☐ Talk me through what is happening
- ☐ Clear or lowered drape to see baby born
- ☐ Skin-to-skin in the operating room if baby is well
- ☐ Partner does skin-to-skin if I can't

NEWBORN CARE AND FEEDING

- ☐ Do newborn checks with baby on my chest or in the room
- ☐ Please ask us before any procedure or supplement
- ☐ Vitamin K injection
- ☐ Antibiotic eye ointment
- ☐ Hepatitis B vaccine before we go home
- ☐ Delay the first bath (ideally 24 hours or more)
- ☐ Breastfeeding / chestfeeding
- ☐ Formula feeding
- ☐ Combination feeding

Other: _____

NOTES