

How long it takes for labor to start depends on how your body responds to the induction method. Sometimes it may take more than one day to start your labor. If this happens, your care provider will discuss different options with you and your support person. One of these options may be to stop Pitocin for the night and start again in the morning. If your body simply needed a little encouragement, you might be holding your baby in your arms later that day.

You have been scheduled on

for admission to: Labor & Delivery

The RN Charge Nurse will call you after 12 pm on the day of your scheduled induction. Please wait to receive a call from the RN Charge Nurse before reporting to the hospital.

Sometimes we may ask you to wait for a few hours before coming in to the hospital or may need to reschedule your induction to a different day. Please know that we are working very hard to safely coordinate your care and induction.

When you arrive at Strong Memorial Hospital take the red elevators to the 3rd floor and check in at the triage desk. You will be directed to the appropriate OB unit. We look forward to seeing you and we are privileged to be a part of your birth experience.

Labor and Delivery

601 Elmwood Avenue
Box 619-12
Rochester, NY 14642-1234



Part of Strong Memorial Hospital.



Planning for your Induction of Labor



Your care provider has scheduled you for an induction of labor. To help you prepare for your admission, please review this brochure. During your labor and recovery, your care provider and the nursing staff will provide you with support and answer your questions as they arise. We look forward to being a part of your birth experience.

There are several methods for inducing labor. Your care provider may use one or a combination of these methods to induce your labor.

You will be admitted to the labor and delivery unit for your induction. We ask that you eat before arriving to the hospital.



Cervical Ripening

Your care provider will decide if your cervix will need to be prepared for your induction of labor. This is called cervical ripening and can be done several ways. A vaginal exam will be performed by a care provider and you will either have medication inserted into your vagina or you will take a pill by mouth.

Your baby will be monitored with an external heart rate and contraction monitor before the exam and for a period of time after the medication is given. It may take more than one dose of the medication to start labor. Each dose of the medication requires continuous monitoring of your baby. Between doses you may be able to get up and walk around and possibly eat. Your support person may spend the night with you in the room.

You will have an intravenous catheter (IV) placed into your arm before starting the cervical ripening procedure. This will also be used to give you Pitocin, a medication that causes contractions.

You may shower, but we ask that you do so in the evening or before 6:00 am, so that you will be ready to start the Pitocin in the morning.

AROM Induction

(Artificial Rupture of Membranes)

You will be admitted to the Labor and Delivery unit and your care provider will “break your water.” This is done during a vaginal exam with a thin plastic amnihook (this looks like a crochet hook).

While the vaginal exam can be uncomfortable, breaking your water should not hurt. You may feel a warm gush of fluid.

AROM is intended to cause your body to release its own natural oxytocin (Pitocin) that may cause contractions. After breaking your water, you will be encouraged to get up and walk to help promote labor, after monitoring your baby’s heart rate for a period of time.

Pitocin Induction

In some circumstances you may already have been admitted for cervical ripening. Once admitted, you will have an intravenous catheter (IV) placed and the Pitocin will be given using this IV. Pitocin is administered through your IV by a pump. While you are receiving Pitocin, your baby will be continuously monitored. We will do our best to make you comfortable during this process providing you with different options for positioning and pain control.