



## Patient Information

# Induction of Labour 14-24 weeks gestation

**This leaflet has been written to give you some practical information about your admission to hospital for induction of labour.**

### **How is the labour induced?**

This is done in two stages. Firstly you will take a tablet called mifepristone, and then you will go home for two days. You will be asked to return to Beech Ward on the morning of the second day when your labour will be started.

The mifepristone tablet helps to prepare your womb for the labour and helps to shorten the length of time that labour takes. Most people don't feel any different after taking the tablet, but one of the side effects can be nausea, so an anti-sickness tablet is sometimes given at the same time.

It is possible that you could have some pains while you are at home. You should make sure that you have some paracetamol or the pain-killers you usually use for headache or period pains at home. If you have pain that you are worried about when you are at home please ring the unit and ask to speak to the Nurse in Charge. She will advise you whether to come to the hospital straight away.

### **Your admission to hospital**

When you arrive on the ward please ask the nurse for a concession car parking ticket which will allow you to park at a reduced rate.

If, for example, you took your tablet on Monday, you will be asked to return to Beech Ward on the Wednesday morning. You will be asked to phone the ward at 08.00 to make sure that your room is ready and to arrive at about 09.00 or 10.00 if you have children to get to school first. You will be admitted to a single room with en suite bathroom on Beech Ward, which is the gynaecology ward.

This room will be yours during labour and delivery of your baby and if you would like your husband, partner, or relative to be with you for any or all of your stay they are welcome.



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## **What should I bring with me?**

If you take any regular medication please bring it with you. It is possible that you will stay overnight so bring a nightdress or pyjamas, slippers, dressing gown, toothbrush and toothpaste, wash bag, towel, sanitary towels.

There is a television and radio in your room. You may like to bring something to read and some change to buy a newspaper. You will be allowed to eat and drink at times during your stay. We will provide meals, tea and coffee for you. You may like to bring a refreshing drink, some fruit or biscuits in case you do not feel like eating proper meals.

## **What happens when I arrive?**

A nurse will admit you to the ward and answer any questions that you have about your care. You will have two drips (one for fluid and one for pain relief –see PCA leaflet) put into your arm and you will have blood taken at this stage if not already taken at the beginning of the treatment.

We will give you your first vaginal tablets (misoprostol) as soon as possible. After these you will need to rest on your bed for one hour. These tablets make the womb start to contract and the cervix to open.

We recommend that you have the pain relief drip started fairly soon after the first tablets so that you can help yourself to some as soon as any pain starts.

We continue to give the misoprostol tablets by mouth until the baby is delivered. This can happen at any time after about 3 hours and for most women this is within 12 hours of having the first tablets.

## **Where will I deliver the baby? Will I see the baby?**

You will deliver the baby on the bed in your room. The nurse will be with you or come as soon as you call her.

Whether or not you wish to see your baby is a very individual thing. There are no rights or wrongs about how you manage this very difficult and emotional time. If you know what you would like, tell the nurses looking after you and they will respect your wishes. If you are not sure and want to talk to someone let your nurse know and she will do everything she can to help you decide.

## **What happens to the baby?**

In Swindon it is policy for all babies under 14 weeks to be cremated. Option forms for burial or cremation of 14 weeks and above will be given to you before you leave hospital. You do not have to decide before you go home.



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## **Can we find out why or baby died?**

It may be difficult to find out why your baby died. In many cases it is thought that chromosomal abnormalities causes intra-uterine deaths. It can be difficult to carry out chromosome analysis on a baby that has stopped growing for some time. The doctor will discuss this with you and a post mortem may be suggested. The baby would be sent to Oxford for a few days and then returned to the mortuary at this hospital. Alternatively a small sample of the umbilical cord may be sent to Oxford for analysis and then be disposed of. There are guidelines that we follow regarding these investigations and they do not apply in all cases.

## **After I have delivered the baby can I go home?**

After the delivery of the baby it is important to make sure that the afterbirth (placenta) comes away as well. The nurse will give you an injection into your leg to help your womb expel the afterbirth. Sometimes it does not come away easily and it is necessary to have an operation to remove it. This is done under a general anaesthetic. When we think you are about to deliver the baby we will ask you not to eat or drink anything just in case you need the operation. You will have a fluid drip to stop you becoming dehydrated.

If you have an operation you will need to stay overnight. Sometimes even if you don't need an operation you will be very tired and want to rest with us until the next morning. Most women go home on the following day after this procedure.

## **When can I go back to work?**

You will have some bleeding for one or two weeks after your procedure and your abdomen will feel ache and tender for a few days. Your breasts may feel tender too. We generally advise you to have a couple of weeks off work.

See your doctor if you need more time to recover. It often takes longer to recover emotionally than physically.

## **Do I need to see the doctor after I go home?**

We will ensure your doctor and midwife know what has happened. You may have an appointment to come back to see the doctor at the hospital.

## **Useful Contacts**

The Miscarriage Association  
C/O Clayton hospital  
Northgate  
Wakefield  
West Yorkshire  
WF1 3JS  
Tel: 01924 200799



# Induction of Labour 14-24 weeks gestation

SANDS (Stillbirth and Neonatal death society)  
28 Portland Place  
LONDON  
W1N 4DE  
Tel: 020744 367940

The Child bereavement Trust  
Aston house  
High Street  
West Wycombe  
Bucks  
HP14 3AG  
Tel: 01494 446648  
(Support and counselling for grieving families)

Beech Ward  
Tel: 01793 605254 / 01793 605253  
24hours

Early Pregnancy/Emergency Unit  
Tel: 01793 605257  
24 hours

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

**Document Control**

Division: Women & Children's  
Department: Gynaecology  
Approved Date: 21 March 2019  
Next Review Date: April 2022  
Document Number: W&C - PIL0070