



# Going home during the induction process



A labour that is started with medical treatment is called 'induced' labour. Induced labour may be recommended when you or your baby will benefit from birth being brought on sooner rather than waiting for labour to start naturally.

## Does everyone go home during the induction process?

Going home will depend on whether:

- You have had only one method of induction so far
- Your baby's heart monitoring was normal
- You are not having contractions - more than two in a ten minute period
- You do not have any abdominal pain
- Your waters have not broken
- You are not bleeding (however it is normal to have a few spots after the vaginal examination)
- You are not having twins
- You or your baby do not have any medical problems.

## What will happen when I go home?

Some women will go into labour after the first stage of the induction process and will come back into the Birth Unit during the afternoon or night. Some women may have some crampy period like pain.

## When should I call the midwives in the Birth Unit for advice?

- If your waters break (ruptured membranes). You may also like to put a pad on
- If your contractions are getting stronger, longer and closer together
- If you have any bright blood stained fluid from your vagina
- If you are in pain and do not feel comfortable.
- If you are concerned about a change in your baby's movements
- If you feel unwell
- At any time you are unsure.

## When should I come back into the hospital?

- Ring the Birth Unit and speak to the midwife about your concerns. They will advise you on whether you need to come back to the hospital to be assessed. Midwives are on duty 24 hours a day 7 days a week.
- If you become distressed or upset at any time please contact the midwife or return to the hospital as soon as possible.
- Return to the hospital at the time your midwife advised, to be assessed for the next stage of the induction process.

## Birth Unit contact information

**Blue Mountains**  
(02) 4784 6572

**Lithgow**  
(02) 6350 2324

**Nepean**  
(02) 4734 2295



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