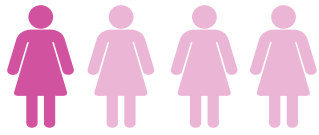


The Straight Scoop on Inductions

Labor induction is a common procedure.



ALMOST 1 IN 4 WOMEN

HAVE LABOR INDUCED IN THE U.S.¹

19%
of inductions occur

FOR NO MEDICAL REASON

But is it a good idea? Inductions pose increased risks of:

Stress on baby³

Pain for mother³

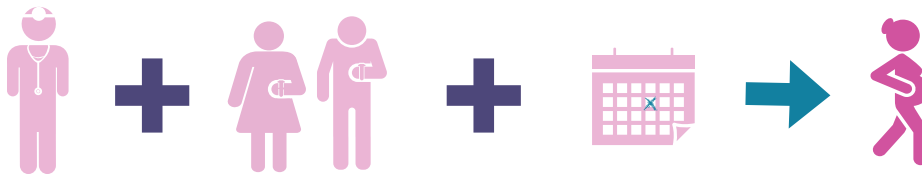
Baby needing³
intensive care



Cesarean²

Baby born²
prematurely

15% of moms feel pressure from their provider.¹
Additional pressures may come from family or the calendar.



Before you agree to accept an induction, take the time to discuss important questions with your care provider.¹



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?

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

PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE. VISIT WWW.LAMAZE.ORG/PUSHFORYOURBABY TO LEARN MORE.

Lamaze
International

Push
for your baby

¹ Childbirth Connection, "Listening to Mothers III"

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=risks>>.

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=81>>.