

Inductions and Scheduled C-Sections: What to Expect

It is an exciting time for you and your family to welcome your new little one into the world! We understand that making plans for the birth of your baby is important to you; it's important to us.

We want to help you set realistic expectations about what it means to have an induction or c-section date. This hand out will explain the process of inductions, what you can expect, an idea of a timeline and expected length of postpartum stay.

Induction Process

- Once your doctor's office schedules a date for induction, the office staff will communicate that date to you.
 - We group inductions into AM inductions and PM inductions.
 - The night before your induction, you will receive a phone call from the charge nurse giving you more specific information on the time we anticipate your admission for induction.
- Your induction date is important to us and we strive to honor it, however we cannot account for unexpected obstetrical emergencies or women who may go into labor on their own. When something unexpected happens, our nurses and physicians must attend to the immediate critical situations at hand. This may cause your induction to be changed.
- If your induction date needs to be changed, someone from our team will call to inform you of such.
 - She will also give you a time when to expect a phone call from her.
 - Our goal is to provide you with safe care, along with a positive experience, thus communication will be priority.
 - Safe care requires us to have the nursing staff and the room available to care for you and your baby throughout your labor and delivery.
 - We will keep you updated on your time for induction.
- If making plans for out of town relatives, it is a good idea to plan a range of time for them to stay, rather than one specific day. While we always want to keep your original induction date, sometimes it is impossible because of unexpected admissions and/or emergencies.

Cesarean Sections

- You will receive a phone call the day prior to your scheduled c-section to confirm your scheduled time, tell you what time you need to arrive at the hospital, and to review pre-op instructions.
 - It is important for you to follow all the instructions, especially instructions related to the last time you can eat or drink before surgery.
- Your arrival time to the hospital will be 2 hours prior to your scheduled c-section. For example, if your c-section is scheduled for 8 a.m., you will need to arrive by 6 a.m. This time is necessary for admission and pre-op lab work to be completed prior to the start of surgery.

Expected Length of Stay

- For an uncomplicated vaginal birth, the usual length of postpartum stay is 1-2 days.
- For an uncomplicated cesarean birth, the usual length of postpartum stay is 2-3 days.
 - Both your doctor and your baby's doctor will evaluate how each of you are doing to determine when you can go home.
 - If you have not chosen a doctor for your baby, it is best to do so before the birth of your little one.
 - In the event you don't have a pediatrician chosen before delivery, or if your pediatrician doesn't have privileges at Mercy, we will use the 'on call' pediatrician to see your baby while you're in the hospital.
 - Before you are discharged home, you have to set up a follow up appointment for your newborn with a pediatrician.

Important Information

- All children under the age of 18 must be accompanied by an adult. The patient cannot be the responsible adult to supervise children. No unattended children may be in a patient room or lobby area.