



the home of hypnobirthing

KGHYPNOBIRTHING INFORMATION SHEET

INDUCTION OF LABOUR

Induction of labour (IOL) is ending pregnancy by artificially starting labour. These articles will help you be well informed when you make your choices.

NICE GUIDELINES ON INDUCTION OF LABOUR

The NICE (National Institute for Clinical Excellence) guidelines which govern the conduct of labour include the following:

‘Induction of labour has a large impact on the birth experience of women and their babies and so needs to be clinically justified. It may be less efficient and is usually more painful than spontaneous labour. Epidural analgesia and assisted delivery are more likely to be needed if labour has been induced.’

‘From 42 weeks, women who decline induction of labour should be offered increased antenatal monitoring consisting of at least twice-weekly cardiotocography and ultrasound estimation of maximum amniotic pool depth.’

ARTICLES

This is a collection of articles about induction of labour put together in September 2019. In our KGH courses and the phone calls from parents, induction of labour is a major area of concern. It worries almost all parents as the conversation about induction starts at 40 weeks or even sooner and only about 10% of babies arrive before 40 weeks.

<https://bit.ly/33csyOk>

<https://bit.ly/2J4FZJd>

<https://bit.ly/3pU6D8d>

<https://bit.ly/37jafID>

<https://bit.ly/3pWrfNb>

<https://bit.ly/3m00ftT>

<https://bit.ly/3pWrp7f>

<https://bit.ly/2HvZQAI>

Link to the full MBRRACE UK Perinatal Surveillance Report 2016 published June 2018 - a survey indicating that stillbirth may not increase with length of pregnancy:

<https://bit.ly/3fvFnrV>



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BOOKS

The AIMS Guide to Induction of Labour by Nadia Higson / AIMS

Why Induction Matters by Rachel Reed

Inducing Labour: making informed decisions by Sara Wickham

WEBSITES

sarawickham.com

midwifethinking.com

aims.org.uk