



the
**Chickasaw
Nation**

The Chickasaw Nation Medical Center

Women's CLINIC

ISHKI' INCHOKMISHTO'
(HEALTHY MOTHERS)

INDUCTION OF LABOR

When labor does not begin on its own or health concerns risk mother or baby, induction of labor may be recommended by your provider. Preparing the cervix for labor is called cervical ripening. The cervix is the lower part of the uterus (womb) that opens at the top of the vagina. Ripening the cervix is a process that helps the cervix soften and thin out in preparation for labor. Medications such as misoprostol (for example, Cytotec*) may be used to soften the cervix so it will stretch (dilate) for labor.

WHAT IS MISOPROSTOL?

- Misoprostol (such as Cytotec*) is a pill that contains a medication called prostaglandin E1.
- Prostaglandin E1 softens the cervix to prepare for labor and cause labor contractions. Cytotec® is the brand name of this medication.
- Misoprostol is taken by mouth. It can be taken every four hours, if needed. Multiple doses may be necessary.
- Your doctor or midwife will talk with you about whether misoprostol for is right for you.

WHAT SHOULD I EXPECT WHEN I GET MISOPROSTOL?

Your doctor or midwife will talk with you before you get misoprostol. Your blood pressure, temperature, pulse and breathing will be checked. You may have bloodwork done. Your baby's heart rate will be monitored for 30 minutes to make sure it is normal.

- Misoprostol is taken by mouth with a glass of water. It is important to swallow the pill quickly before it dissolves in your mouth.

After you take misoprostol, we will monitor your baby's heart rate and any contractions for 30 minutes to two hours. After that time, if you and your baby are doing well and you are not in active labor, your health care team may decide it is safe to return home.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF MISOPROSTOL?

A small number of people using misoprostol will have fever, nausea (feeling sick to your stomach), vomiting (throwing up) or diarrhea (loose, watery poop). Some people (1-2%) may have excessive (constant) contractions. These may or may not affect your baby. Your health care team will need to be notified if this occurs.

TELL A MEMBER OF YOUR HEALTH CARE TEAM IF YOU:

- Have regular contractions five minutes apart or less.
- Have vaginal bleeding (like a period).
- Think your water has broken.
- Feel your baby's movements have changed (either more or less).
- Have concerns and are not sure what to do.
- Start experiencing severe pain.
- You develop fever higher than 100.5° F.

*For questions or concerns, call the **Women's Clinic** at (580) 421-6200, **Monday-Friday, 8 a.m.- 5 p.m.** or the **OB department** 24 hours a day, seven days a week at (580) 421-6206.*

***The Chickasaw Nation does not show preference to the medication listed above.**