

Checklist for induction of labour

You are booked for induction of labour at the McMaster Site of HHS on _____ (date).
Use this checklist to help you get ready to come to the hospital.

If you are having PG gel OR Foley catheter insertion the day before your induction:

- Your appointment for PG gel or Foley catheter is on _____ (date) at _____ (time).
- Come to the Labour & Delivery Assessment Area for your PG gel or foley catheter insertion. **Confirm your appointment** by calling the Labour & Delivery Unit **1 hour** before the appointment.

The day of your induction

- Plan to come to the Labour & Delivery Unit **at 7:30 am**. Call the Labour & Delivery Unit **at 6:00 am** to confirm the time to come to the hospital. It may be necessary to delay or change the time of your induction.
 - Eat your usual breakfast **OR** Do not eat before coming to the hospital.
- Have a bath or shower before coming to the hospital.
- Wear loose, comfortable clothing and bring indoor footwear
- Bring your Health Card.
- Leave your money, credit cards, jewelry and all other valuables at home. The hospital cannot be responsible for the safety of your valuables.
- Remove any body jewelry including piercings.
- Your doctor or midwife will talk to you about taking your medications on the day of your induction.
- Bring all medications you take regularly in their labelled pharmacy containers.
- Review the checklist of what to bring to hospital (pages 16 and 17) in the “Getting Ready for Childbirth at McMaster” handbook you received in your Pre-Registration package.
- Do not bring all your luggage to the Labour & Delivery Unit. Bring only what you need for your labour and birth. You can return to your car later, for the rest of your luggage.

Visiting guidelines:

- Your partner or support person can be with you during your labour and birth.
- You may also have one other support person with you if you wish.
- In some situations it may be necessary for your support person to switch during your labour.

To get to Labour & Delivery: Take the red elevators to the 4th floor.
Follow signs to the Labour & Delivery Unit.

To telephone Labour & Delivery: Call 905-521-5050.
Press 1 to speak to a staff member.