

Quiet Time

The Family BirthPlace Staff is concerned about your rest and like many hospitals in the country have instituted a **Quiet Time** just for you. Studies by the World Health Organization show that average noise levels in hospitals have risen dramatically over the past fifty years. A constant stream of visitors can leave you feeling depleted and exhausted. Research shows that increased noise levels raise blood pressure and heart rate which can limit the effectiveness of your healing.

In order for you to rest, we are setting aside two hours in the afternoon and nine hours at night for **Quiet Time**, when you can just rest and relax with your support person and your baby. We encourage your friends and family to come back before or after **Quiet Time**. Many hospitals have found that this really does help with recovery and preparation for going home. When you have an undisturbed break and some sleep, you will have increased energy to embrace your new responsibilities and challenges. The experience of many other birthing units has convinced us that we want to provide the same experience for those we have the honor to serve at CHI Mercy Health Family BirthPlace.

Quiet Time Hours
2 to 4 p.m.
10 p.m. to 7 a.m.



Imagine better health.SM

Induction of Labor

Our Core Values

Reverence Integrity Compassion Excellence

Our Mission

The Mission of Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.

Family Birthplace

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What is Labor Induction?

Sometimes when a woman is nearing the end of her pregnancy, she may have her labor started (induced) before going into natural labor. When your doctor or midwife suggests starting your labor for your health or the health of your baby, it is called a medical induction. When labor is induced for a non-medical reason, it is called an elective induction.

When is Elective Labor Induction Okay?

Wanting to have your doctor or midwife induce labor, before you actually go into labor on your own, may appeal to many women. It may allow you to plan the birth of your baby around a special date or around your schedule, or that of your doctor or midwife. Or maybe, like most women during the last few weeks of pregnancy, you are just simply ready to have your baby. However, elective induction is not always good for you or your baby. Inducing labor before you are 39 weeks along in your pregnancy, or before your cervix is ready, may cause problems.

Recent Data Shows

When labor is induced before 39 weeks of pregnancy:

- More newborns need to be admitted to a special care nursery.
- More newborns have trouble breathing and need to be assisted in their breathing by a special machine called a ventilator.
- If labor is induced when the cervix is not ready, you are more likely to have a longer labor, which can increase the chance of problems for you and your baby; you are more likely to need a cesarean birth.

Expert Guidelines

The American College of Obstetricians and Gynecologists (ACOG) is a professional organization for doctors. Guidelines are based on the advice from this organization. These are used to make safe decisions about whether or not an elective induction is right for you and your baby.

Inductions sometimes need to be delayed due to limited rooms in the birthing unit. Staff also is unable to predict the number of babies born at any one time and we want to make sure you receive the support and care you need for a safe labor and delivery.

In the Event that your Appointment is Delayed

Thank you for understanding that your induction may need to be delayed. It is not necessary to contact your provider's office to reschedule. The Family BirthPlace staff will call you as soon as your induction is rescheduled. We appreciate your patience and ask that you remember that we will call you as soon as we have more information about your induction.

While waiting, drink plenty of water (8-10 glasses per day) and eat small meals.

Go about your normal activities and get plenty of rest. Please leave your cell phone number with the Family BirthPlace receptionist if you need to leave home.



Please come to Family BirthPlace immediately if you notice any vaginal bleeding, amniotic fluid leaking (your water breaks), painful contractions or if the baby is not moving like he/she normally does.

Please remind your family or friends who may make special arrangements to be with you that your appointment may change.