

# ABUHB Guide to Out-Patient Induction of Labour (OP IOL)

## Criteria for OP IOL

- Have no medical or pregnancy-related problems (are suitable for Midwifery Led Care)
- Have had 4 or less previous vaginal births
- Access to a telephone
- Transport to and from hospital
- Live within a 30 minute drive from the hospital
- Have support from relative or friend who will remain with you at home following insertion of pessary

## These are the steps



Step 1

The process begins in the Day Assessment Unit where you and your baby will be assessed and you will be given the induction pessary. If all is well you can go home and will be given a time to return in a few hours to be checked over



Step 2

You will be given information about things to look out for and can ring and return anytime you feel you need to. Some, but not all women will go into labour at home following insertion of the pessary.



Step 3

If you think you are in labour you should ring one of the birth centres to speak to a midwife who will advise you of the next steps

Be active, but take rest when you need to. Eat and drink to keep your energy levels up. Do things with your family which help to relax you



Step 4

If you do not go into labour overnight don't worry. The midwife will have given you a time to come to the hospital antenatal ward the next morning to continue the process. The pessary will have helped to prepare your body for labour and you will have benefitted from spending some of the time at home



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