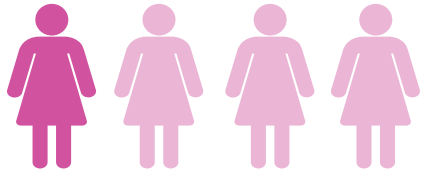


# Induction

Labor induction is a common procedure.

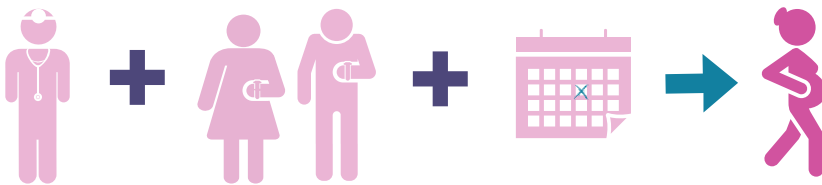


ALMOST  
**1 IN 4 WOMEN**<sup>1</sup>  
HAVE LABOR INDUCED IN THE U.S.

**19%**  
of inductions occur

FOR NO MEDICAL  
**REASON**

15% of moms feel pressure from their provider.<sup>1</sup>  
Additional pressures may come from family or the calendar.



Before you agree to accept an induction, take the time to discuss important questions with your care provider.



Is there a medical reason to induce labor?



Am I in danger if I don't go into labor now?



Is my baby in danger if I don't go into labor now?



How ready is my body for induction?



What does the research say about the risks?

Here are a few ways to make sure you're prepared to discuss these questions and push for better care:



Get educated – take a Lamaze childbirth education class



Discuss induction when choosing a care provider



Hire a doula for labor support

## Induction

is often the first domino in a cascade of interventions that leads to Cesarean birth twice as often as in labors that start on their own.

If your provider recommends induction, I encourage you to contact me to set up a time to discuss the many options and choices you will be faced with.