



## Induction tips from your doula!

- Before your induction, do something fun! A last date night with your partner, a fun family evening with your older child(ren) or a nice spa day for yourself!
- Get plenty of sleep the night before the induction. If possible, plan for an early morning start or if you are going to be admitted overnight for medications or a balloon catheter, bring items from home that can make sleep more comfortable in the hospital. It's your space for the next bit, own it! Make it yours.
- When cramps begin, a heating pad or a hot bath can help relax them so you can get more rest. The goal really is to sleep until you can't or distract yourself in the daytime.
- Bring Distractions! Movies, board games, knitting, crafts, books or baby projects.
- Plan for a long boring day and possibly night while things get rolling, especially if you're starting from a low bishop score. We want this part to go slow so your body can take time and respond accordingly. Slow and Steady wins the race!
- If your care provider begins pitocin, please let me know! This affects the timing of my arrival to your birth. I like to be with you within an hour or two of the pitocin start.

## What's a Bishop Score?



- The Bishop Score is a calculation designed to see \*either\* how close someone is to spontaneous labor or how likely an induction is to result in a vaginal delivery.
- Under 6 is considered "low" and a score of 8 or higher is considered "favorable".
- The score will likely be calculated before any plan is made to move forward with an induction and the induction method(s) will likely be based on this score, tailored to you.
- Remember that the bishop score is an algorithm based on a generalized study and it is not a guarantee in either direction. Low Bishop scores can absolutely birth vaginally and high bishop scores can encounter situations that result in a cesarean birth.

Points	0	1	2	3
Dilation	Closed	1 - 2 cm	3 - 4 cm	5 cm
Length	> 4	3 - 4 cm	1 - 2 cm	0
Consistency	Firm	Medium	Soft	-----
Position	Posterior	Midline	Anterior	-----
Station	- 3	-2	-1, 0	+ 1, + 2