

SELF INDUCTION MEASURES

There are many remedies for assisting the body for the labor & birth of your baby. As you consider these remedies it is important to understand the risks and benefits.

Evening Primrose caplets (begin using at 35weeks)

- Can be used orally (1 caplet 3 times daily) or intra-vaginally (3-4 caplets at bedtime)

Blue or Black Cohosh (use between 35 and 38 weeks)

- 1 tablet orally every 3 ó 4 hours

Cohosh Tincture (use between 35 and 38 weeks)

- 15 ó 20 drops in a beverage of your choice, daily

Red Raspberry Leaf Tea (use between 37 and 38 weeks)

- 1 cup every 2 ó 4 hours

Intercourse (at your discretion, safe through out pregnancy)

- May stimulate the uterus to contract and/or soften the cervix with prostaglandins from semen

Nipple Stimulation (use between 40 and 42 weeks)

- May cause regular contractions; but also may also cause contractions that come too frequently and cause the fetal heart rate to decelerate.

Castor Oil (use when desperate, after 40 weeks)

- 2 ounces in a shot , followed by a cup of juice
- Also try blending the following ó orange juice, 3 ice cubes and 2 ounces of castor oil
- Will stimulate the gastrointestinal system and cause diarrhea
- May cause contractions and/or dehydration

Ambulation (walking)

- May increase the strength of contractions
- May assist in the decent of the fetal head

Stripping of Membranes (performed in the office/hospital setting)

- May release prostaglandins during the exam and start contractions
- May rupture the membranes (break water) (*if this happens you will be committed to delivery)
- Rupture of membranes puts you at risk for infection, prolapsed cord and an increased likelihood of using Pitocin (see attached page on Pitocin)

Resources for products mentioned above

| NAME | ADDRESS | CITY | PHONE |
|----------------------|--------------------------------|------------|--------------|
| Trader Joe's | 175 Market St. | WESTLAKE | 440-250-1592 |
| Nutrition Outlet | 5204 Cobblestone St. | ELYRIA | 440-934-0581 |
| Nature's Bin | 18120 Sloane Ave. | LAKEWOOD | 216-521-4600 |
| Hobart's | 15001 Madison Ave | LAKEWOOD | 216-221-2633 |
| Mai's World | 308 West 111 th St. | CLEVELAND | 216-671-2535 |
| Supplements Etc. | 20202 Center Ridge Rd. #2 | CLEVELAND | 440-888-7727 |
| The Vitamin Shop | 26532 Lorain Rd. | N. OLMSTED | 440-801-1020 |
| Alternative Healing | 4965 Dover Center Rd. | N.OLMSTED | 440-777-2665 |
| Nutrition-O | 2255 Kresge Dr. | AMHERST | 440-282-1133 |
| GNC | Any Location | --- | --- |
| Dietary Health Foods | | AMHERST | 440-233-6381 |

PITOCIN INDUCTION

1. Pitocin is a medication given to help with the following:
 - induce labor
 - stimulate the uterus to contract
 - augment/improve labor to increase strength, duration and/or frequency of contractions
2. Pitocin is administered through an IV
3. While using Pitocin, it is necessary to continuously monitor the fetal heart rate of the baby and the uterine response or contraction pattern
4. While using Pitocin, it is NOT necessary to keep you in the bed. You can also be monitored in a chair, on a birthing ball and standing if it is comfortable for you.
5. The dosage of Pitocin is administered based on the uterine response and the fetal heart rate
6. Please be aware that Pitocin can cause contractions that are either too frequent, too strong or that last too long. This can cause an abnormal heart rate in the baby or a deceleration
7. The risks of using Pitocin include:
 - uterine rupture
 - water intoxication
 - increased discomfort
 - fetal heart rate abnormalities
 - possible death of the mother and/or infant