

Herbal Induction Process

In order to get a labor started, there needs to be several conditions in our favor for a successful induction.

The estimated due date should be very firm, in order to not give birth to a premature baby.

The parents and midwife must be in agreement that an herbal induction is warranted.

Bishops scoring should be favorable to induction: Cervix at least 70 % effaced, at least 2-3 cm dilation, baby's head reasonably engaged in the pelvis, and the cervix central to the baby's head. Even with all of the above an herbal induction may not work.

Other things that are required of you are... a sense of well being, sense of humor, eating often and staying well hydrated. Rest and sleep the night before are also important. As few interruptions as possible. Some folks find it much easier if friends and family don't call during this time. Let them know (if you tell them at all) that you will call will after the baby is born. Some women find it less distracting if other children are either busy someplace else or that they are being kept busy by friends of family.

- Night before: Relaxing evening
 Dinner with 1000 mg. Of Calcium/Magnesium
 Warm bath with 1-2 cups epsom salt- some like soft lightning like
 candles to help relaxation
 also during your bath, picture in your mind the baby's head opening
 your cervix, pushing down and out. Picture the whole process,
 without fear, let go and be willing. Many find prayer during this time
 comforting. Also talk to your baby.
 Take either 2-3 capsules or 10-20 drops tincture of Valerian to help
 get a good nights sleep.
- Morning 7-8 am If possible; make love
 Eat light breakfast
 Mix 2 oz. of Castor oil in 6-8 oz of orange juice with a pinch of
 baking soda, drink quickly. Eat toast of several crackers.
 Take 20 drops of herbal tincture (in small amount of water) hold
 under your tongue for 30 seconds or more, then swallow
 Snack
- Every 15 minutes: Take 20 drops of herbal tincture as above
 Drink water



When contractions become somewhat regular, spread out the herbs to every 1/2 hour for a couple hours and then to every hour when they become closer and stronger. The idea is to then stop the herbs and have your uterus contract on its own. If your contractions slow then increase the herbs again. It is not a science and every woman does respond differently to the herbs. Try to feel their effect and determine for yourself the proper dosage with your midwives help.

If you haven't gotten diarrhea from the castor oil then take another 2oz at lunch in the same way as you mixed it earlier.

Noon: Eat lunch
 Take 20-30 drops of herbal tincture as above
 Take nap
 After nap, take walk with mate, take snack and herbs with you

Hourly: Take 20-30 drops of herbal tincture

Stop at 5 PM weather you have contractions or not.

Have fun it may be someone's birthday !!!!!

Midwife will stay in contact with you periodically to check on your well being. Normally, she will be with you by 2 PM. Labor will start in 90 % of all women, within 10 hrs of start of active contractions. Another 5 % will start within 24 hrs. If you are receiving this handout then you have already read the Jump starting Labor handout. If not, please ask for it. If you have any questions, speak to your midwife.

Jump Starting Labor

Having labor start on it's own is always preferable, but due to a small variety of reasons "jump starting" a labor may need to be considered.

One reason for considering it maybe going "overdue". A due date is just the estimated date based on the 1st day of your last period. Most women don't give birth on their due date, some go before or several weeks after.

I recommend that 41 1/2 weeks a BPP (Biophysical Profile) ultrasound be done. The reasons I think that this can be a good tool:

- *checks well being of the baby - heart rate, movement, breathing attempts
- *measures amount of amniotic fluid - more overdue, the less amniotic fluid - causes problems for baby
- *checking condition of the placenta - if is over mature, baby gets less oxygen and nutrients

Basically what I'm looking for is that baby is doing well, and is not getting stressed by the conditions inside. If baby is looking and showing possible postmature signs, then we need to discuss having the birth soon. True postmature babies many not always handle the stress of labor well. They may pass meconium (1st bowel movement) into the amniotic fluid. This can become a problem if they inhale this into their lungs when their heads come out.

Postmature babies also have a harder time coming through the birth canal because their skull plates are getting harder. This makes their heads less moldable. If the placenta is getting old then a combination of the factors can cause fetal distress in labor. A hospital birth may be necessary.

So we take a peak at the baby, see how he/she is doing and make plans as to when labor should start. What are the ways to continue to monitor baby's well being? It seems like many times as we talk about "jump starting" a labor, mom goes into labor on her own in just a few days. However some mom's may require too much time to go into labor on her own, making it not safe for baby.

As you can see it is best if baby is doing good before labor. But what is required of you (for jump starting labor) is that your cervix is effacing, some dilation has begun, baby's head is engaged in pelvis and the cervix is positioned on baby's head.



But even with all of these we may not be able to get labor going. Likely, if you follow the induction directions, labor will usually start within 12 hrs.

These things are also required of you... sense of well being, sense of humor, regular light eating and hydrating. Rest and sleep are also very important

Herbal inductions are different than using pitocin and other synthetic inducers. If your body is ready the herbs will work with your body. These time honored herbs usually do not stress a mom or baby. Feel free to ask questions at any time.