

This document was created by a medical student enrolled in the Rural Physicians Associate Program (RPAP) at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

PITOCIN

10 ways to have a healthy pregnancy

1. Include lots of fruits and vegetables in your diet. No soft cheeses!
2. Exercise, it has been proven to shorten labor, and reduce complications.
3. No smoking! There are programs to help if needed.
4. Take a prenatal vitamin, with folic acid.
5. Stop changing cat litter.
6. No alcohol; there is no "safe" amount in pregnancy.
7. Drink lots of water.
8. Keep prenatal appointments!
9. Take a childbirth class and breastfeeding class.
10. Pack a hospital bag at least one month early.

Should you be



Labor Contractions

- u They are regular
- u They follow a predictable pattern (such as every eight minutes)
- u They become progressively closer
- u They last progressively longer
- u They become progressively stronger
- u Each contraction is felt first in the lower back and then radiates around to the front or visa versa
- u A change in activity or position will not slow down or stop contractions
- u There may be bloody show
- u Membranes may rupture
- u Your health care provider will notice cervical changes, such as

Research

Question: How is pitocin used to induce labor?

Answer: Pitocin is a man made form of the naturally occurring hormone, oxytocin, that your body normally releases in labor. Pitocin will be given to you in a liquid form, through a needle into your veins. The medication is regulated on a medication pump. Pitocin will help your uterus to make contractions, to help push your baby out of your uterus and into your vaginal canal and eventually into they're

Research has shown that

Pitocin use to speed up delivery does NOT:

- u Result in more C sections
- u Result in more operative births

That using Pitocin in Moms who have broken their water:

- u Results in **fewer babies** admitted to the **neonatal intensive care** units than if women waited for birth.

Similar number of babies developed infections whether intervention was early or whether women waited.



Tasia Halady RPAP 2010

Patient Resource: What to Expect When
You're Expecting

<http://www.babypicturesphotos.com/>

<http://www.theunnecesarean.com/blog/tag/pitocin>

<http://mommylife.net>