Is it Risky to Induce Labour?

All medical treatments have risks. Sometimes, there are more risks to continuing a pregnancy than risks of inducing labour.

Some risks may include:

- Stronger or more frequent contractions
- Changes in your baby's heart rate
- Needing an emergency C-section
- Labour may not start

Your medical team will watch you and your baby closely during the whole process.

What to expect

Your induction may happen on the planned day or within the next few days. It may be delayed if the unit is busy. Your healthcare provider will tell you what to do if this happens.

You and your baby's health are the top priority.



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While you wait:

- Rest
- eat and drink as usual
- Have your hospital bag, health card and prenatal papers ready

Saskatchewan Health Authority

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Go to the hospital right away if you have:

- Bright red bleeding or clots
- Green, bloody or foul-smelling discharge
- Fever (37.5°C or higher)
- Chills, rash or signs of infection
- Baby is moving less than normal
- Heart rate over 100 beats a minute
- Strong or constant pain you cannot manage

P I E R

CS-PIER-0381

Call 9-1-1 if your labour is moving quickly and your baby may be born at home.

Obstetrical Unit Phone Number:

_____

saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

Saskatchewan Health Authority

moms & kids HEALTH SASKATCHEWAN

Induction of Labour

Information for Patients and Families



P I E R

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Area: Provincial
NOVEMBER 2026

What is Induction of Labour?



Photo by Vanessa on Unsplash

Induction of labour means helping your body start labour before it begins on its own.

This can be done with medicine or simple tools.

Your healthcare provider will talk with you about the safest option for you.

Why is Labour Induced?

Induction is done when it is safer for you or your baby than waiting. Labour will only be induced if you agree and give consent.

The most common reason is when your pregnancy is 7 days or more past your due date.

Other reasons for induction may include:

- Diabetes in pregnancy
- High blood pressure
- Your water has broken and you test positive for Group B Strep
- A baby that is not growing well
- Low fluid around the baby

How Labour is Induced?

There are different ways to do this, and more than one method may be used. It is important to know that induction can take time, and labour may not start right away.

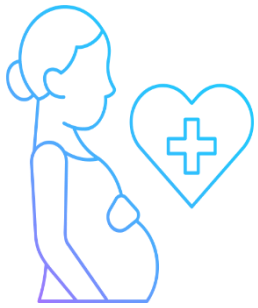


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Breaking the Water (Rupture of Membranes)

A small hook is used during a vaginal exam to break your water. You may feel a warm gush or slow trickly. This may help start contractions.

Cervical Ripening Balloon

A small balloon is placed in the cervix to help it open. You may have light spotting. The balloon usually comes out once the cervix opens. You may go home if you and your baby are well.

Misoprostol

A tablet given by mouth, or placed vaginally, that softens the cervix and may start contractions. You may need more than one dose. You may have some cramping.

Cervidil®

A vaginal insert that softens the cervix and may start contractions. You may feel some cramping. You may be able to go home while it is in place.

Oxytocin (IV Medication)

Oxytocin is given through an IV to help start or strengthen contractions. You will stay in hospital while it is used so you and your baby can be monitored.

Questions

Your healthcare team will explain what is happening at each stage of your induction.

Ask questions at any time. They are there to support you and your baby.

You can also ask your healthcare provider about your induction plan before coming to the hospital.



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