

# TOP TIPS FOR INDUCTION OF LABOUR (IOL)

Please ask questions and raise your concerns



Before your IOL you can have a membrane sweep. Please ask if not offered.

You can collect Colostrum during the IOL process, this may help to trigger labour. Ask your midwife for a colostrum harvesting pack.

### What shall I pack ??

Comfortable clothes and footwear, snacks and drinks, mobile, tablet, book, magazine, hand fan, headphones, charger, comfy pillow and blanket...

IOL can be a long procedure, it can take several days, sometimes there can be delays in the process.



When in hospital, keep active, use birthing ball, mobilise within the hospital ground.

Ask your midwife about your pain relief options.

One of your birthing partners may be able to stay with you through the Induction process, ask your midwife

