

# Preparing for an Induction

There are many situations where you may be offered an induction and you should use your BRAINS to ensure that you are making an informed decision whether or not to go ahead with that recommendation. If you do end up going for an induction, this is some advice based on my own experience that can help your experience to be a positive one.

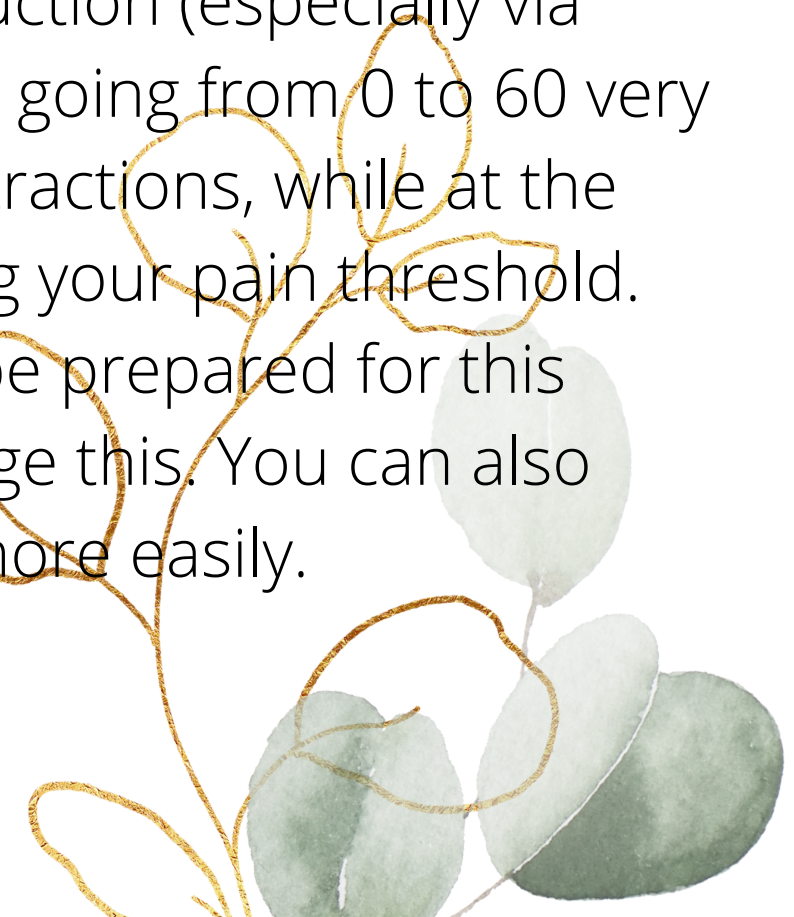
## My Positive Induction:

I had an induction and it was a very positive experience. The pessary didn't have any effect on me so I ended up being induced via the synotocin drip and my labour was 3 hours and 15 mins from the minute the drip started. I used just a tens machine to support me as the hypnobirthing techniques were so effective that that was all I needed. I was in a labour suite and started off in not a great place emotionally as I wasn't expecting the induction and had heard lots of scare stories from my NCT course. I'd also had 3 or 4 of the medical staff say directly to my face that I'd need an epidural and wouldn't be able to use the hypnobirthing techniques. This meant that I started to doubt myself and I got quite emotional (I felt a little out of control & like everything was going down a route I hadn't wanted). As soon as the drip was started I experienced a couple of very intense contractions which were a shock to my system (I was definitely panicked and experiencing 'fight or flight'). I asked the midwife if I needed an epidural. She was amazing and talked to me about my birth plan and was really supportive of the hypnobirthing. She listened to me, dimmed the lights and I suddenly felt safe. My birth took a totally different turn from that point and she put my tens machine on and I was totally relaxed and comfortable from then on.

## How to have a Positive Induction:

It is totally possible to have a hypnobirth induction and my key tips would be:

- Get the environment right - it doesn't matter if you're in the birth centre or if you have to go to the labour suite, get the lighting dimmed and get the space as personal & relaxing as possible (remember when we talked about 'creating the right birth environment')
- Don't panic if you go into the 'fear/tension/pain cycle' at any point. it's okay and doesn't mean that you've lost control or that your labour has to be awful. Just be aware of it and aware that you need to get yourself back into the 'calm & relaxed cycle' as soon as you can - focus on your breathing, listen to one of the hypnobirthing MP3s, have a massage or a cuddle etc. Try different things until you're able to calm and refocus
- Get a tens machine - it was the best thing ever during my labour! An induction (especially via hormone drip) can be quite an intense experience for your body. A bit like going from 0 to 60 very quickly. Natural labour gently increases the intensity and regularity of contractions, while at the same time building up a cocktail of pain relieving hormones and increasing your pain threshold. The drip prompts the intense, regular contractions from the start so just be prepared for this 'shock to the system'. The tens machine was amazing in helping me manage this. You can also ask for the drip to be 'turned up' gradually, allowing you to just to things more easily.



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- Keep listening to your MP3s, especially the 'fear release' track if you're feeling anxious about it all.
- Get your MP3s and a playlist together and some distractions for while you're waiting for the pessary to kick in (a boxset on your ipad/tablet, magazines to read, music to listen to, snacks etc.). If you're sitting watching the clock then time will slow down. If you're concentrating on something else then time will pass much more quickly.
- Think about your pain relief options - a tens machine, gas & air and then what other pain relief would you choose if you need it? (Thinking about this doesn't mean you have to have it, just takes the stress out of deciding should you actually need it on the day).
- Read as many positive induction stories as you can. There are some lovely stories on my website from past clients who have had positive induction experiences. There is also a lovely group on Facebook called 'Positive Induction Birth' which is run by a fellow hypnobirthing teacher who also had a lovely induction hypnobirth. Lots of great sources of info, stories and advice from ladies who are in the same position or have been through it. Definitely worth a look/read.
- Try and keep a positive mindset - think about the birth going well and keep repeating birth affirmations to yourself. And do get in touch if you have any questions. You can do this!

