



DEPARTMENT OF THE ARMY
Tripler Army Medical Center
Department of Obstetrics and Gynecology

Instructions for Inductions

The days before your induction

- Make childcare arrangements
 - While children are allowed on Labor and Delivery, you are encouraged to make childcare arrangements for when you go into labor.
 - If you do bring children to Labor and Delivery, all children under 18 years old are required to have a caregiver supervising them at times. This cannot be the patient.
- Plan your visitors
 - Limitations
 - Hospital staff have the right to ask visitors to leave at any time if needed for your safety
 - If you do bring children to Labor and Delivery, all children under 18 years old are required to have a caregiver supervising them at times. This cannot be the patient.
 - If a patient is under isolation precautions they are allowed 1 visitor and they must remain inside the room with the patient throughout their stay
 - How many visitors can you have
 - While in the Triage area: 1 visitor \geq 18 years old is allowed
 - When in a Labor Room: visitors are allowed
 - While on the mother baby unit:
 - 0900-2000: 2 visitors are allowed (this does not include the children of the patient)
 - 2000-0900: 1 visitor is allowed that is \geq 18 years old (children must leave)

The night before your induction

- Medications
 - Tell your OB provider all of the medications you take including herbs and supplements
 - Talk to your OB provider about what pills you can take the night before and morning of your induction

The morning of your induction

- Don't forget
 - Your military ID card – **REQUIRED**
 - Leave all of your valuables at home (wallet, purse, money, jewelry, etc)
 - Remove all jewelry before arrival (earrings, rings, ALL body piercings, etc. Plastic tongue piercing spacers are NOT allowed). Any rings that cannot be removed will be cut off.
 - Remove all makeup, nail polish, fragrances, lotions, oils, deodorant, etc
 - DO NOT wear your contact lenses, leave them at home and bring your glasses and case
 - Bring your CPAP/BIPAP machine if you have one
 - Snacks (hours for food services are limited)
 - Phone chargers
- The labor and delivery nurse WILL CONTACT YOU when it is time to come in
 - When they do, come to Labor and Delivery Triage on the 6th floor Mountain Side
 - A small meal after you are called is recommended, often times in labor you may only have a liquid diet
 - If you feel sick (ie COVID symptoms, etc) please inform the nurse when they call you
- **Your induction could be delayed or rescheduled**
 - Unfortunately, we cannot plan when babies come. So sometimes, our rooms fill up and we have to delay your induction. However, conditions requiring induction have a "window" for safe delivery (usually around a week). Be assured, we will get you in for your induction before your "safe window" is closed.



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After your delivery

- Discharge
 - Typically, if this is your first delivery you will be discharged 46 hours after your delivery. If you have had babies before you will be discharged 24 hours after your delivery.
 - You must be able to eat, drink, walk around, and urinate before you go home.
 - Please be aware, some medical conditions do require a longer admission.

When you go home

- Tips for healing
 - Chewing gum after delivery can help wake up your digestive system
 - Moving frequently keeps your blood flowing and helps prevent blood clots
- When to call your OB provider
 - You feel like you are getting worse instead of better
 - Unusual vaginal bleeding or discharge
 - Temperature of 100.4F or higher
 - The feeling of chills and you are shivering
 - Wounds are becoming hot, red, or more painful
 - Continuous vomiting
 - Trouble urinating or it burns when you urinate
 - Dizziness or you feel like you are going to pass out / faint
 - Bad diarrhea (loose, watery)
 - Pain or swelling in your foot, ankle, thigh, or calf (back of leg)
 - Headaches or visual changes not resolved with tylenol
- Go to the closest emergency room if you have... (the emergency team will call your TAMC team after they have evaluated you)
 - Difficulty breathing
 - Chest pain
 - Severe stomach pain
 - Vaginal bleeding soaking more than 1 pad in an hour