



Missouri Baptist
MEDICAL CENTER

BJC HealthCare

Congratulations on your upcoming arrival!

Scheduled Induction Information

We are delighted to assist you during this special time. There are a few things you will need to know before your scheduled induction:

- The American Congress of Obstetricians and Gynecologists (ACOG) recommends that inductions not be performed before 39 weeks of pregnancy, unless medically indicated.
- Please eat a light meal before you come in for your induction. This will give you some energy for your exciting day. Keeping it on the lighter side is important since you may experience some nausea during labor.
- Please call Labor and Delivery **one hour** before your scheduled induction time at [314.996.7514](tel:314.996.7514) and ask for the charge nurse. On occasion, we have several women in labor at one time and may need to delay your induction. Our priority is to keep any unanticipated wait to a minimum.
- Many women like to bring a favorite pillow from home to supplement those available in the hospital, and we encourage you to do so.
- For your convenience, a hospital bag checklist is available at mobapbaby.org or by downloading the **MoBap delivery planner** from the **Apple app store**.
- There are designated parking spaces for expectant parents on the first level of Building D (North Entry) parking garage. Take garage elevators to the lobby. Proceed across the lobby and take the elevators to Floor 3, where Labor and Delivery is located.
- You will be greeted by registration and then escorted to your room by your nurse.
- Please bring your insurance card and photo ID.

Following delivery and recovery, you will move as a family to our Mother/Baby unit for the remainder of your stay.

We look forward to meeting you and helping you welcome your new baby into the world! If you have any questions, please call our Childbirth Navigator at 314.996.7994.



MoBapBaby.org