



## ***Your birth, your way!***

### 40 weeks

You have reached your due date by this point. Induction of labor is warranted if you do not have your baby by 41 weeks. There are several different types of induction methods. We will discuss which option is right for you. Make sure you do not have anything to eat or drink after midnight prior to your induction day.

Reasons why induction is indicated:

Research has shown that babies born beyond 41 weeks have:

- Increased rates of fetal distress
- Higher rate of delivery by C/S
- Meconium-stained fluid (the baby's first BM)
- Lower amounts of amniotic fluid
- Increased placental calcifications

Keeping the primary goal of a healthy mom and baby, not the labor process, is essential. Although this may modify your birth plan, we will work together to keep you and your baby healthy!

*Gestational age:* \_\_\_\_\_

*Today's weight:* \_\_\_\_\_

*Total weight gain:* \_\_\_\_\_

*Next appointment:* \_\_\_\_\_