

# Scheduled Inductions



**Welcome to Labor and Delivery at GBMC! We hope you have the best experience as you welcome a new member to your family. Please review the following labor induction guidelines:**

- If you are scheduled for an induction, call the Labor and Delivery charge nurse at **443-849-2667** one hour prior to your induction time to ensure the unit can accommodate you.
- Your induction is not a guaranteed starting time. Your induction time is a placeholder and the number of patients currently in the unit will determine when you are able to be induced.
- There is a possibility that your induction will be delayed or rescheduled to another day.
- Do not consume solid food for eight hours prior to the start of induction.
- You may drink clear liquids and are encouraged to do so.

## Clear liquids include the following

- |                      |   |                              |
|----------------------|---|------------------------------|
| • Water              | • Jell-O (without fruit or whipped cream) | • Popsicles (no added fruit) |
| • Sports drinks      | • Black coffee or tea (no cream or sugar) | • Broth                      |
| • Soda               |   |                              |
| • Juice without pulp |   |                              |

## Clear liquids do NOT include the following

- |         |                      |
|---------|----------------------|
| • Milk  | • Half and half      |
| • Cream | • Anything with pulp |

- Please leave any large items in your car (i.e., car seat, stroller, body pillow).
- After you register at OB Admitting, a nurse will bring you back to a room by yourself. Your support person will be brought to the room 5-10 minutes later.
- Please check [www.gbmc.org](http://www.gbmc.org) for updated visitor policies.