



Welcome to the Induction of Labour Suite – information for your stay

This information is for you if you have been booked for an induction of labour.

Location

The Induction of Labour (IOL) Suite is located within Marsh Ward on Level 4 of the Maternity Block.

Visiting hours

Current visiting hours are:

- **1 x birthing partner:** can stay with you on the IOL suite for the duration of your induction.
- **Additional visitors:** remain the same as Marsh Ward visiting.

Faces you may see on the IOL Suite

The IOL is located on Marsh Ward but it is allocated its own separate midwife for each shift (day and night).

Midwives in the IOL team presently include:

Georgie Roberts – *Level 4 Lead Midwife*

Sophie Mackenzie – *Ward Manager of IOL Suite*

Eileen Dixon

Krystyna Gos

Emma Lewis

Julie Mooney

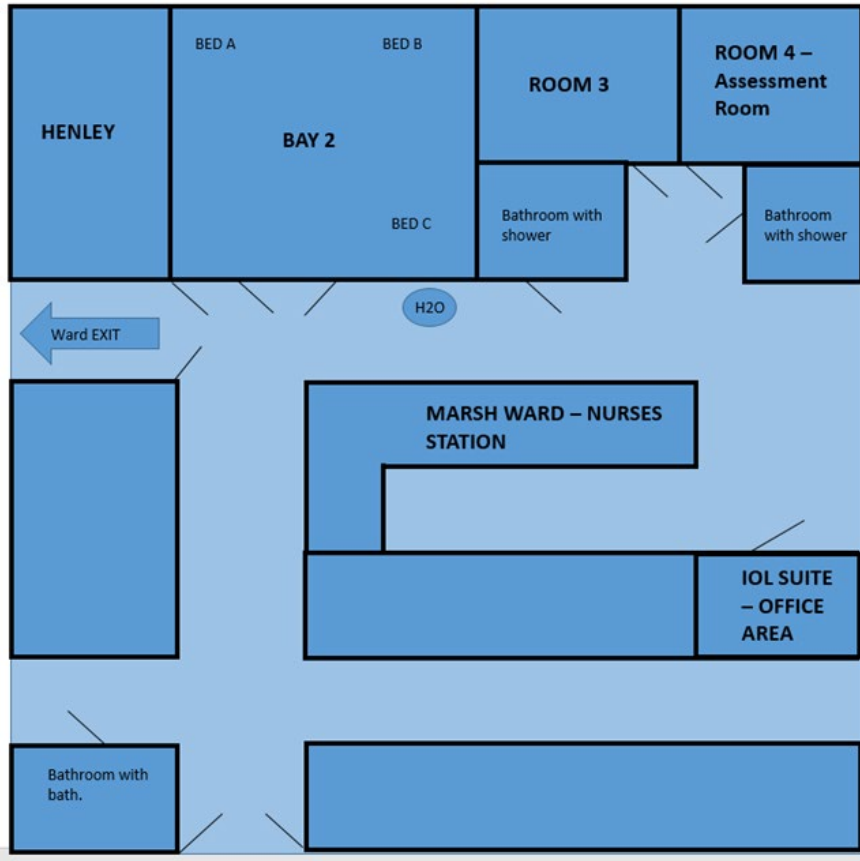
Uzmatu Issah

Midwives will generally be wearing navy blue scrubs. You may see student midwives in grey or green tunics and it is likely you will also receive care from maternity support workers, who wear a pink uniform.

All members of the multi-disciplinary team caring for you should introduce themselves and their role to you. Please do feel free to ask us if we forget to tell you, or if you forget who we are during the course of your time with us.

Ward layout

This is an approximate layout of the IOL Suite within Marsh Ward.



What to expect

When you arrive at the IOL Suite, you should expect to be shown to your bed area and the IOL midwife will introduce herself to you as soon as she can. You should be provided with a menu to fill in for each day that you are on the IOL Suite, a water jug and your call bell.

The call bells cannot be switched off remotely – so a midwife or support worker will respond to these if you need anything non-urgently. If you ever need urgent attention or in a case of an emergency, please come to the nurses' station on Marsh Ward or pull the red emergency button, which will alert us immediately.

The induction process will be individual to each birthing person and each pregnancy. Some labours establish within hours, while others take a few days. You will receive an individualised plan of care which the IOL midwife will discuss with you. Regardless of the recommended method to induce your labour, there are some additional things we would advise.

Try to relax...

- Make use of the bath (next to Bay 10 – please ask the IOL midwife if you are unsure).
- Feel free to bring in battery-operated mood lighting.
- You are welcome to bring in smart devices for listening to music or watching television or films (these remain your responsibility while you are on the ward and we would ask you to please use headphones so as not to disturb others).

Relaxation cupboard / area

We have a number of birthing balls and yoga mats to help you become more comfortable during your stay in the Induction of Labour Suite.

The relaxation cupboard in Bay 2 is filled with reading material, colouring books, board games, card games, snooze bags and other items to try to help you relax – please help yourself.

The cupboard is stocked from kind donations from the RBH Charity and Volunteer Teams.

Pain relief options

No two birthing people will experience labour in the same way.

During your induction of labour and into your established labour you will have many options in terms of managing any discomfort you experience.

Those available to you on the IOL suite are as follows:

- Relaxation and breathing exercises.
- Position changes.
- Water – warm bath or shower.
- TENS machine (please ask your midwife).
- Oral medication – Paracetamol and Codeine.
- Sterile water injections.
- Gas and air (Entonox).
- Pain relieving injections – opiate based.



If you are unsure about pain relief, please ask your midwife.

Keep mobile

Once your midwife has checked on the wellbeing of you and your baby, you are welcome to walk around the hospital grounds (please let your midwife know before leaving the ward)

Your position in labour can have a huge impact on what you are feeling!



Antenatal hand expressing

Colostrum is the first milk you will make and is very protective. It helps to regulate your baby's blood sugar, protects from infection, increases bowel movements and is easy to digest. While you are waiting for your labour to establish, it is a great time to practise hand expressing. You may even find you are able to collect some colostrum to give to your baby when you meet them.

We would strongly recommend watching this instructive video found by scanning this QR code. It teaches you how to hand express. Ask your midwife if you would like any further guidance or if you would like any syringes, pots, labels or colostrum storage information.



Birth Reflections

Birth Reflections is a specialist clinic which offers birthing people and their families a chance to reflect on their birth experience with an experienced midwife, from any time from 4-6 weeks after birth. It is available to all birthing people who have given birth in the Trust. Please speak to your health visitor or GP if you are feeling that your distress is severely impacting on your emotional wellbeing. It may be that a referral to the Perinatal Mental Health Service (PMHS) is required prior to discussing a traumatic experience, as this process can worsen symptoms.

Appointments can be made by emailing birth.reflections@royalberkshire.nhs.uk, including your full name, date of birth and contact telephone number. Please be aware that wait times can be long as we are a small team working part-time for the service. We will endeavour to contact you as soon as possible.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

S Mackenzie, Ward Manager for Marsh Ward & IOL, May 2024
Next review due: May 2026

Our Maternity Strategy and Vision

'Working together with women, birthing people and families to offer compassionate, supportive care and informed choice; striving for equity and excellence in our maternity service.'

You can read our maternity strategy here

