

Saint Barnabas Medical Center Labor and Delivery Information on Monitoring & Special Procedures

Upon Admission to the Hospital (some of the following may be used):

1. **Blood work** will be drawn.
2. **Intravenous Solution (I.V.)** will be inserted to maintain hydration, as well as provide access for medications that may be needed.
3. **Fetal Monitoring** belts will be placed on your abdomen to hold the monitor in place to watch your baby and your contractions. Internal baby and contraction monitors are used when appropriate.
 - Internal Baby Monitoring, a wire electrode, is superficially attached to the skin of the baby's scalp to measure the heart rate.
 - Internal Contraction Monitoring allows us to measure the precise frequency and strength of your contractions.
 - Foley Catheter, used to empty your bladder, may or may not stay in place.
 - Amniotomy, breaking the bag of waters during a vaginal exam, uses a plastic instrument to help puncture the bag of waters.
4. **Medications**
 - Pitocin – given through the I.V. to cause, increase, or maintain contractions for labor. It is also used after delivery to help the uterus contract to control bleeding.
 - Antibiotics - given through the I.V. to prevent or treat infections.
 - Local Anesthetic – injected to numb an area for your comfort.
 - Other Narcotics – may be used for pain relief in early labor or for patients who cannot receive an epidural due to a medical condition. Administered as an injection or through an I.V.
 - Anesthesia – available through a catheter in the back.
5. **Induction of Labor** - stimulates labor for obstetrical/medical reasons.
 - Balloon Catheter – inserted during a vaginal exam into the cervix. Remains in to dilate the cervix. You may feel uterine cramping and may have some vaginal bleeding.
 - Cytotec – medication inserted against the cervix during a vaginal exam to soften/thin the cervix. You may feel uterine cramping.