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.

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