



*Your Guide to  
Induction*

**ORLANDO**  
HEALTH®



**WINNIE PALMER  
HOSPITAL**  
For Women & Babies

## It's Time for Your Induction

Thank you for choosing Orlando Health Winnie Palmer Hospital for Women & Babies for your delivery. Your OB-GYN has scheduled your induction. You will receive a call from us the day before your scheduled induction with more details, including your appointment's expected time.

*Friendly reminder: Please feel free to eat, drink and shower as you would normally until your appointment time.*

To prepare for your delivery, please use this packet as a helpful guide as you get ready to come to the hospital. It includes information on the following for your ease and comfort:

- Pre-registration
- Virtual tour
- What to pack
- Birth plan
- Arriving at the hospital, including parking, visitation policy, COVID-19 testing and more
- Concierge services
- Breastfeeding support
- Frequently asked questions



## Pre-Registration/Registration

For your convenience and to make the admission process faster, we offer secure\*, online pre-registration. By pre-registering, we will verify your information, such as your due date, OB-GYN and insurance details, so that most paperwork will be complete when you arrive.

When you arrive at the hospital, we ask you to verify your pre-registration information. You will need to present a photo ID and your insurance card and sign consent to treat forms.

- You can pre-register online at **WinniePalmerHospital.com/PreRegister**.
- In-person registration is available Monday through Friday from 8:00 am – 4:30 pm. Please have your photo ID and insurance card available to complete your registration.
- To pre-register by phone, please call (321) 841-0375

*\* All information collected online, by phone or in person is secure and protected for your privacy and confidentiality.*



## Virtual Hospital Tour

To better familiarize yourself with Orlando Health Winnie Palmer, we encourage you to view our virtual tour before arriving at the hospital. The tour will give you a peek inside our beautiful hospital and where you will be delivering your baby, including our labor and delivery rooms and spacious postpartum suites. You can access the tour at **WinniePalmerHospital.com/Tour**.

*Please note: When you arrive for your induction check in, you will check in at Guest Services.*

## What to Pack for the Hospital

For a suggested list of what to pack for your pre-delivery, labor and postpartum stay, please visit **WinniePalmerHospital.com/PackingList**.

It is not necessary to bring all your personal items in with you when you arrive. A small bag with some of your personal items and helpful tools such as a phone charger is sufficient. There will be enough time for your guests or support person to get your belongings once you are settled in your room.

## Birth Plan

We encourage you to complete your birth plan before your arrival. You can select your preferences and wishes for your childbirth experience. Please give your completed birth plan to your nurse when you check in to your room.

To personalize your birth experience, please visit our website and download the form: **WinniePalmerHospital.com/BirthPlan**.

We do our best to follow your birth plan; however, Mother Nature and baby sometimes take us in a whole new direction. We always choose the health and well-being of the mother and baby to ensure a safe delivery.

## Arriving at the Hospital for Your Induction

### Parking

Valet parking is conveniently located at the entrance of Orlando Health Winnie Palmer Hospital for Women & Babies. The cost is \$5 per visit. If you arrive after hours, please pull into the valet loop and check-in with Guest Services. They will coordinate valet parking for you.

Complimentary self-parking is also available in the patient parking garage located on Miller Street across the street and next to Orlando Health Arnold Palmer Hospital for Children.

Both options are available 24 hours a day.

### Entrance to the Hospital

When you enter the hospital, you will pass through a security screening and go to Guest Services. Your guests or support person will need a photo ID to get a visitor badge. This will allow them to be with you in the hospital. Your guests or support person will need to get a new visitor badge each day of your stay.

### Visitation Policy and Support

We allow two visitors to accompany you. These two visitors may come and go as needed but must be the same people throughout your stay. If unavailable, these visitors may not allow another family member to come in their place. Only one visitor can spend the night.

There are two exceptions to this policy: We only allow one visitor to join you in triage, should you go into labor before your induction or in surgery if you require a C-section.

### COVID-19 Testing

You will be tested for COVID-19 when you are admitted. You will have a nasal rapid test and get results quickly. If you test positive for COVID-19, your guests or support person will be tested. If your guests or support person also tests positive for COVID-19, they will be allowed to stay for the delivery but will be required to leave the hospital after your baby is born.

## Throughout Your Stay

### Concierge Services

Comfort is the cornerstone upon which Orlando Health Winnie Palmer Hospital for Women & Babies was built. We have created a soothing, tranquil environment for you and your baby. While you are here, you can request the most advanced services available — all delivered with personalized attention and compassion.

Some of our personalized services include:

- A celebratory dinner for two
- Upgraded linens, robes and slippers to soothe your senses
- In-room spa packages
- Luxury toilet kits
- Customized gift packages

To learn more about our Concierge Services, visit [WinniePalmerHospital.com/RoyalTreatment](http://WinniePalmerHospital.com/RoyalTreatment) or email [WPH.Concierge@OrlandoHealth.com](mailto:WPH.Concierge@OrlandoHealth.com). To speak to one of our concierges in person, please call (321) 843-1130. Concierge hours are 7:00 am – 10:00 pm daily.

## Breastfeeding Education and Support

Breastfeeding provides many physical and emotional benefits for both you and your baby. We offer breastfeeding education and support for our new mothers. Our caring, skilled nurses and certified lactation consultants are available to help prepare you for breastfeeding through virtual classes and one-on-one assistance. They are also available throughout your stay to answer questions and make breastfeeding easier for you and your new baby.

For more information on breastfeeding services, please visit [WinniePalmerHospital.com/Breastfeeding](http://WinniePalmerHospital.com/Breastfeeding). You can also call the Breastfeeding Helpline at (321) THE-BABY or (321) 843-2229 with questions or to schedule a private consultation.

If you should have any questions regarding your induction, please contact our Patient Placement Coordinator at (321) 843-8130.

## Frequently Asked Questions

### How long does it take for an induction?

This is the most common question from patients. An induction can take a few hours or as long as two or three days. It depends on how the woman's body responds to the treatment she receives.

### How will my labor be induced?

There are several ways to induce labor. These are the most common methods:

- **Cervidil or misoprostol.** If your doctor or midwife needs to ripen or soften your cervix, they may insert a medication called Cervidil or misoprostol into your vagina. The medication is released very slowly and will cause your cervix to soften and possibly dilate. Sometimes multiple doses of these medications are needed to get your cervix ready for labor.
- **Foley bulb.** The Foley bulb is a mechanical way (non-drug) to dilate and soften your cervix. A small tube is introduced into the cervix (through the vagina). Then the tube is filled with saline solution and left in place. Sometimes this will start labor spontaneously, and sometimes it will simply make the cervix more "favorable" for Pitocin or breaking your water.
- **Pitocin.** Once the cervix is softened, the doctor or midwife will order an IV medication called Pitocin. Pitocin causes the uterus to contract to dilate the cervix.
- **Amniotomy.** Known as "breaking the bag of water," it is also a way to start contractions. This method is typically used together with the methods already started.

### What should I expect during my labor?

- External monitors will be positioned on your abdomen with secured straps. These will monitor your contractions and your baby's heart rate during the labor process.
- Nurses will collaborate with you in using labor support tools, such as a birthing ball, peanut ball, squat bars or frequent position changes. These tools will help you cope with labor pain and facilitate your labor and birth.

### What can I expect after delivery?

- Your recovery will take place in the delivery room for a minimum of two hours. Your uterus will be massaged every 15 minutes for at least the first hour. We will also assess vaginal bleeding.
- We will take vital signs from you and the baby.
- Skin-to-skin contact with your baby is recommended immediately after delivery for at least one hour. We recommend continued skin-to-skin in the first few days after delivery to facilitate breastfeeding. Assistance with breastfeeding is provided as needed.
- The baby's weight, length and footprints are taken about an hour after birth.
- We give infant medications within the first hour of life. Erythromycin ointment is applied to your baby's eyes to prevent infection. A vitamin K injection for your baby helps prevent bleeding.
- You and your baby will be transferred to a postpartum room when stable and recovery is complete.

**ORLANDO**  
HEALTH®



**WINNIE PALMER**  
**HOSPITAL**  
For Women & Babies

*Connect to Health*

find WINNIE PALMER HOSPITAL on



WinniePalmerHospital.com  
(321) 8HEALTH | (321) 843-2584