

What You Should Know About An Elective Scheduled Delivery

What is an elective scheduled delivery?

An elective scheduled delivery is when you and your healthcare provider pick the day to deliver for non-medical reasons, either by Cesarean delivery or by giving you medications to start your labor. Scheduled deliveries occur before you go into labor on your own.

Are there medical risks to my baby or me? Possibly.

Babies born between 36 – 38 weeks are more likely to:

- Be admitted to the intensive care unit, not go home at the same time as their mothers and need IV and other needle sticks
- Be connected to a breathing machine
- Need an incubator

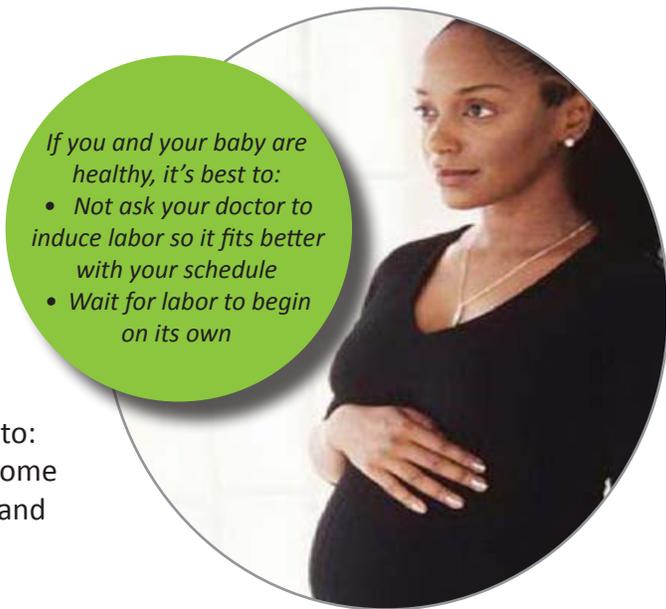
For the mother, if labor is induced before your body is ready to deliver, there is a greater chance of having a Cesarean delivery, which is major surgery.

What do health care professionals recommend?

- If there is no medical reason for you to be delivered before your due date, it's best for you and your baby to wait.
- The American College of Obstetricians and Gynecologists recommends that scheduled deliveries without a medical reason should not happen before 39 weeks of pregnancy.

What is a full term pregnancy?

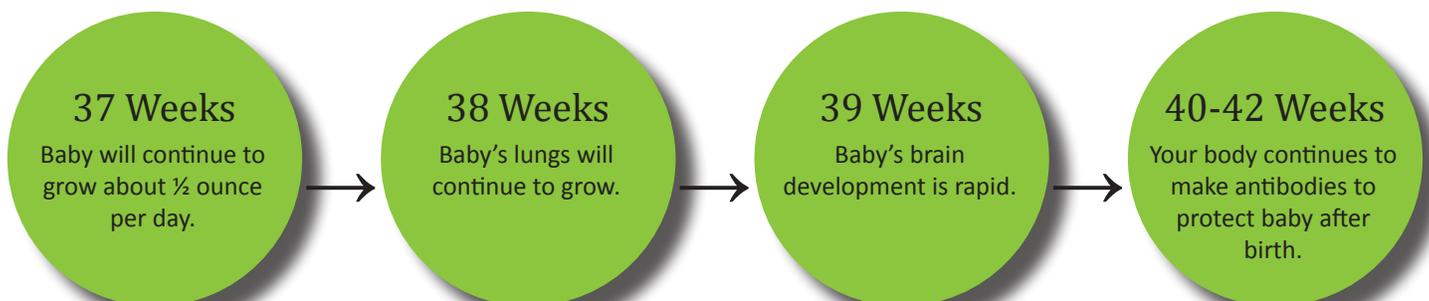
Your due date is just an estimate for when your baby will arrive. It helps your health care professional follow your pregnancy. Less than 5% of women actually go into labor on the date given by their provider. Most women deliver up to a week before or after their due date.



If you and your baby are healthy, it's best to:

- *Not ask your doctor to induce labor so it fits better with your schedule*
- *Wait for labor to begin on its own*

The Last Few Weeks are Very Important!



What are the benefits for my baby and me to go full term?

- There are fewer complications and risks for both you and your baby if you go into labor on your own.
- You'll recover faster from a natural birth than a Cesarean birth, which is also more painful.
- Boost breastfeeding – term babies suck and swallow better than babies born earlier.
- Reduce your baby's risks of jaundice, low blood sugar and infection.
- Your baby's muscles will be stronger.
- Finish well – more time in the womb often means less time in the hospital for your baby.
- They are more likely to do better in school.

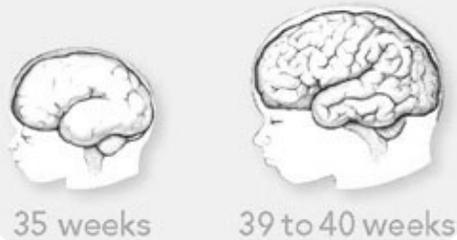


The usual discomfort that you may feel at the end of pregnancy is not felt by your baby.

Make the best possible birth experience for both you and your baby!

The closer your baby is born to his or her due date - the healthier he or she will be!

A baby's brain at 35 weeks weighs only two-thirds of what it will weigh at 39 to 40 weeks. *



If there is not a medical reason, your insurance may not pay for an elective scheduled delivery.

Want to read more?

Check out these websites for more information!

March of Dimes

www.marchofdimes.com/pregnancy/pregnancy-hbww.aspx

Intermountain Health

<http://intermountainhealthcare.org/services/womennewborn/pregnancy/labordelivery/Pages/ElectiveInduction.aspx>

Pregnancy and Childbirth: Dealing with Late Pregnancy Discomforts

<http://pregnancy.about.com/od/symptomsofpregnancy/a/Late-Pregnancy-Discomforts.htm>

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