



PAST DUE DATE & INDUCTION

Going past your due date is never fun. There are a few concerns with going over your due date but most mothers give birth 3 days before or after their due date. Only 4% of mothers birth on their due date, so this is a common situation at the end of pregnancy. The concerns about going over your due date is that the placenta may not function as well. So once you reach 41 weeks, we will be checking in with you every 2-3 days. At these appts we will be doing an NST (non-stress test) to check the reactivity of your baby and make sure your body is staying healthy. Active babies mean healthy placentas!

If you have an unripe cervix you can do any and all of the following:

- Semen contains prostaglandins which are great for softening the cervix. So have intercourse.
- Apply evening rose prime oil (500 mgs) internal to your cervix or take 2 capsules by mouth per day
- Red raspberry tea, as often as you like.
- Birth-Prep herbal capsules 2 per day
- Accupuncture
- Accupressure
- Pamper yourself
- Foley catheter—placed inside by your Midwife to expand and soften the cervix.

You can do the above to ripen and at 41 weeks you can do one the following:

(please let me know which of these, if any you may choose to do)

- Castor oil—ask me for regimen
- Nipple stimulation
- Black and Blue Cohosh (herb or homeopathic)—ask me for the regimen
- Stripping membranes and cervical massage—done internally by your Midwife. This time goes slowly and also fast at the same time.

Feel free to call me anytime and always call me with questions or concerns.

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Exceptional Midwifery Care ~ Specialized in Underwater Birth.