

# What You Should Know About A Scheduled Delivery

## Frequently Asked Questions

### What is a scheduled delivery?

A scheduled delivery is when you and your healthcare provider pick the day to deliver, either by Cesarean delivery or by giving you medications to start your labor – a process called induction. Scheduled deliveries occur before you go into natural labor.

*Convenience may not be what's best for your baby*



### Why are deliveries scheduled?

Most of the time a scheduled delivery is due to a medical reason involving either the mother or the baby. Recently, more scheduled deliveries are occurring without a medical reason.

### Why do women choose a scheduled delivery?

A scheduled delivery may appeal to both a woman and the healthcare provider because it helps them plan their schedules. Many women have backaches, swollen feet, are very tired and just want to have the baby.

### Are there medical risks to my baby?

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

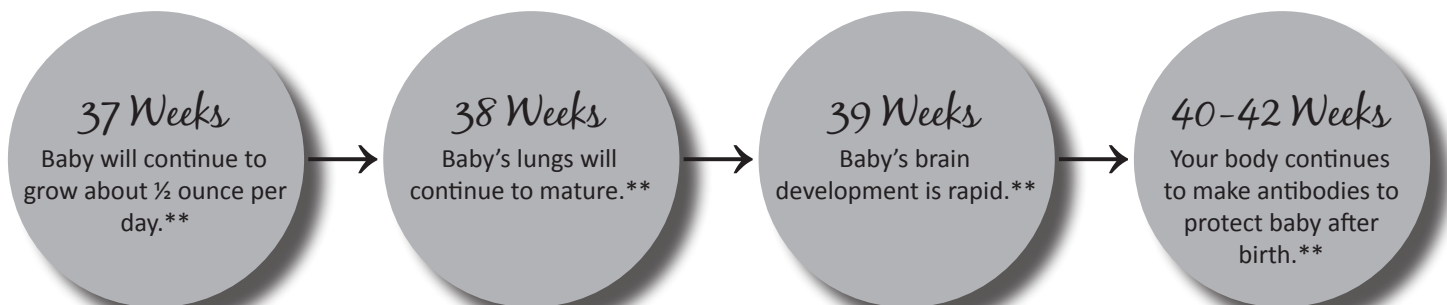
- Be admitted to the intensive care unit, not go home at the same time as their mothers and need IV and other needle sticks
- Have trouble breathing and be connected to a ventilator
- Have trouble keeping their body temperature at a healthy level and spend time in an incubator

### Are there medical risks for me?

If labor is induced before your body is ready to deliver, there is an increased chance of having a Cesarean delivery.

### What is a full term pregnancy?

In reality, a full term pregnancy is a range of time and only 4.5% of women go into labor on their actual due date.\* Most women deliver up to a week before or after their due date.



## What do health care providers 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 for natural labor.
- The American College of Obstetricians and Gynecologists recommends that scheduled deliveries without a medical reason should not occur before 39 weeks of pregnancy.
- If you must schedule your delivery, talk with your health care provider and make sure you are at least 39 weeks into your pregnancy.
- If you are planning a vaginal delivery, make sure your cervix is beginning to open and ready for delivery.



Your  
body knows  
best!

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

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



35 weeks



39 to 40 weeks



Created in collaboration with the following partners:

Kathleen Beck-Coon, MD  
Mindfulness at the Center

Monet Bowling, MD  
IU Simon Cancer Center

Liz Carroll  
Planned Parenthood of Indiana

Lisa Crane, MSN, RN  
Clarian Women's Health

Mary Dankoski, PhD  
IU Family Medicine

Kitty Herndon, RNC  
HealthNet Community Health Centers

Randy Howard, MD, FACP  
Indiana Health Care Mgmt/Anthem

Larry Humbert, MSSW  
Indiana Perinatal Network

Debra Kirkpatrick, MD  
Wishard OB/GYN; IU School of Medicine

Sagi Mathew, MD  
IU Family Medicine

Beth McIntire, MSN, WHNP  
St. Vincent Women's Hospital

Alexis Neal, RN, MA  
Ball Memorial Hospital

Tanya Parrish, MPH  
Little Red Door Cancer Agency

Kimberly Roop, MD  
State Sponsored Business/Anthem

Eric Strand, MD  
St. Vincent Hospital

John Stutsman, MD  
Wishard, OB/GYN

Deanna Willis, MD, MBA, FAAFP  
IU Family Medicine