

# At Home Labor Stimulation/Induction Methods



Before starting any stimulation/induction plan please make sure you're well rested, well hydrated, well fed, and please don't start at night. Relaxation, meditation, dancing, massage, laughing, putting worries aside, etc. are all fabulous additions to any plan and can help you get in a good emotional space.

## Gentle Nudges/Cervical Ripening:

- Borage Oil/Evening Primrose Oil/Black Currant Seed Oil are prostaglandin precursors— these are gel filled capsules. Take 1 orally in the am and insert 1 vaginally at night.
- Semen has prostaglandins which may help soften and ripen the cervix.
- Mother's Blend Tincture (only available at Scarlet Sage in SF)
- Orgasms
- Walking
- Squatting
- Acupuncture for relaxation and emotional release
- Chiropractic Adjustments for relaxation and Webster Technique to work on baby's position

## Light Stimulation:

- Homeopathic Remedies:
  - Caulophyllum 30C
  - Cimicifuga 30CDosage: 3-5 pills every 15 minutes for 1 hour, every 30 minutes for the second hour, and then hourly for two hours. Try one remedy, and then the next. The following day either try whichever remedy worked better, both separately, or try alternating (Caul. – 15 minutes later Cimi., 15 min later Caul., 15 min later Cimi, 30 min later Caul, 30 min later Cimi, 1 hour later Caul, 1 hour later Cimi.). Try for 4 hours at a time and then give your body a rest.

## Home Induction:

- Herbal Remedies:
  - Black Cohosh Tincture
  - Cotton Root Bark TinctureDosage: 8-10 drops in a small amount of water every 30 minutes. You may either take one remedy at a time or try to alternate or take both together in the same glass. Try for 4 hours at a time and then give your body a rest.
- Nipple Stimulation
  - Stimulate nipples with your fingers, orally, or using a breast pump for 15-30 minutes, stopping completely during a contraction and restarting after the contraction.
- Acupuncture for induction
- Castor Oil
  - 2-4 oz taken in warm milk with vanilla (or almond) extract to taste. Chug as it's pretty nasty! This will most likely induce diarrhea and intestinal cramps, which may cause uterine contractions (may take up to a few hours to take effect, or may have little/no effect at all).
- Enema
  - You can buy a packaged enema just make sure it doesn't include anything like soap.
- Sweeping Membranes
  - At an appointment we can insert a finger into your cervix and sweep that finger between the membranes and the cervix (it can 'unstick' like Velcro) to release prostaglandins and potentially start labor. It feels like an intense vaginal exam.
- Foley Bulb
  - Must be obtained and inserted at hospital but depending on the practice, they may let you go home to start labor. The bulb is inflated in your cervix to manually dilate you to 4cm then it will fall out and you, hopefully will start or continue contracting.