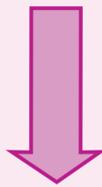


# IS YOUR OB RECOMMENDING AN INDUCTION AT 39 WEEKS?

The “ARRIVE” study was recently published in the New England Journal of Medicine, stating that an induction at 39 weeks lowers the risk of cesarean by 3 to 4%, compared with waiting until at least 40 weeks and 5 days to be induced.

## HERE'S WHY THE STUDY MAY NOT APPLY TO YOU



YOU WANT TO WAIT UNTIL YOUR BODY GOES INTO LABOR NATURALLY	The ARRIVE study did not exclusively compare people who were induced with people who went into labor naturally. In many cases, it compared people being induced to other people being induced. Participants were either induced during the 39th week of pregnancy OR, if they did not go into labor naturally, they were typically STILL induced at 40 weeks and 5 days. That's right, the “expectant management” group included inductions.
YOU WOULD NOT CHOOSE AN ELECTIVE INDUCTION BEFORE HEARING ABOUT THIS STUDY	Of 22,533 participants eligible to participate in the ARRIVE study, only 27% (6,106) agreed to participate.
YOU ARE PLANNING NO EPIDURAL	ARRIVE participants were all planning medicalized births, most had epidurals. The study did NOT compare people who were planning to birth naturally who were induced with people who were planning to birth naturally who were not induced.
YOU ARE NOT BIRTHING AT A HOSPITAL THAT PARTICIPATED IN THE ARRIVE STUDY	The ARRIVE study focused exclusively on hospitals using the latest, progressive, long induction protocols, which have a significantly lower risk of cesarean. These protocols are not standard at many hospitals. Other protocols carry a significantly higher risk of cesarean.
YOU PLAN TO CHOOSE YOUR OWN BIRTHING POSITION	The vast majority of ARRIVE participants probably birthed on the bed on their backs, most likely in lithotomy position*  *based on the general finding that the majority of planned hospital births occur in this position
YOU DO NOT WANT CONTINUOUS MONITORING	Being induced requires continuous fetal monitoring.
FREEDOM OF MOVEMENT IS IMPORTANT TO YOU	Choosing induction requires continuous fetal monitoring, which can restrict freedom of movement.
YOU DON'T WANT AN IV	You must have an IV if you are induced with Pitocin.
YOU ARE NOT IN YOUR EARLY 20'S	The average age of ARRIVE participants were 23-24 years of age.
YOU HAVE GIVEN BIRTH BEFORE	The ARRIVE study only included participants who have never given birth before.

The following factors can lower the risk of cesarean by as much as 60% :

YOU ARE FOCUSED ON LOWERING YOUR RISK OF CESAREAN BY MORE THAN 3-4%



Hiring a doula

Choosing a midwife as your provider



Having an out-of-hospital birth

Laboring or birthing in water



DO YOUR RESEARCH. KNOW YOUR OPTIONS. TALK TO YOUR CARE PROVIDER.