If you and your baby are healthy, wait for labor to begin on its own. Here’s why...

Your due date may NOT be exactly right! It could be off by as much as 2 weeks.

Babies aren’t fully developed until 39 completed weeks of pregnancy.

- brain
- lungs
- liver

At 35 weeks, baby’s brain weighs just two-thirds of what it does at 39 weeks.

Babies born even a FEW WEEKS early can have serious health problems.

They may need help breathing, feeding and keeping warm and can have serious problems that require care in a NICU.

Induction of labor may cause PROBLEMS.

- stronger, more painful contractions
- infection in mom or baby
- changes in baby’s heart rate
- uterine rupture, in rare cases

Inducing your labor may not work. It can DOUBLE your chance of needing a c-section.

C-section after labor starts on its own: 12%

C-section after induction: 24%

A c-section is MAJOR SURGERY. It takes 4 to 6 weeks to fully recover.

Talk to your health care provider. Be INFORMED. Ask questions.

For more information, go to: marchofdimes.com/39weeks