

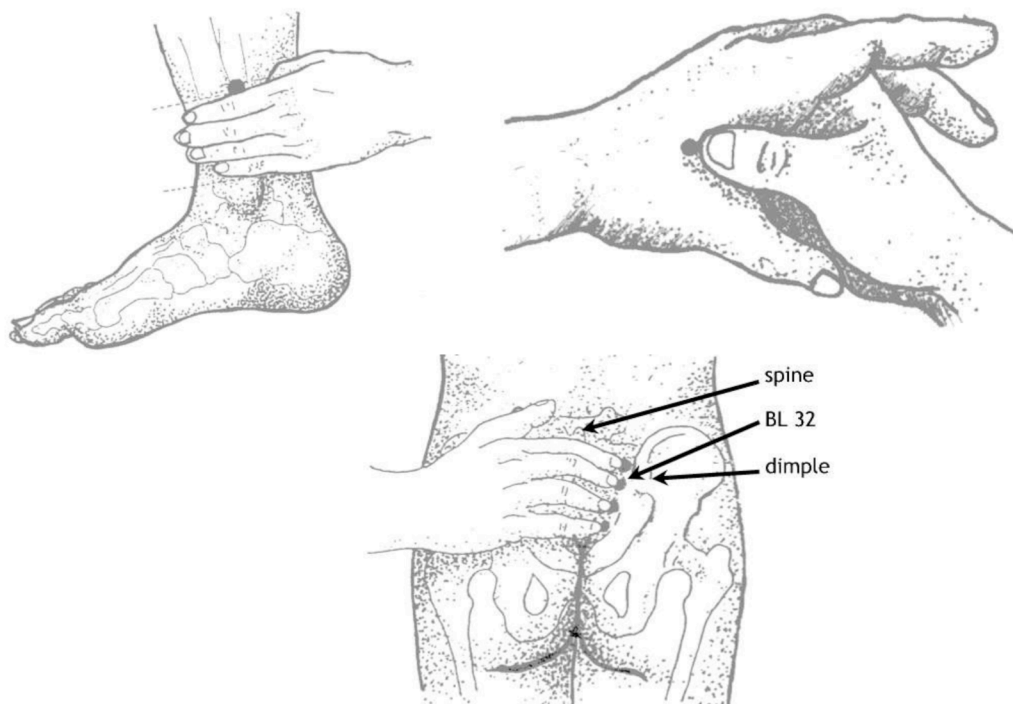
# Acupressure to Induce Labour

## Waters Breaking

The term “waters breaking” refers to the rupture of the membranes surrounding the baby and the gush or the leaking of amniotic fluid through the vagina. Although a significant sign of early labour, labour will not always automatically commence. Due to a possible risk of infection a medical induction will be considered if labour does not establish spontaneously.

Women need to notify their midwife or doctor immediately if their waters are discoloured that is, if they notice a brownish /greenish appearance to the amniotic fluids.

If a woman’s membranes have ruptured Hegu L.I.-4, Sanyinjiao SP-6 and Ciliao BL-32 can be used to help establish labour.



Hegu L.I.-4 can be used in combination with Sanyinjiao SP-6 with the woman or her support person applying firm pressure to each point for several minutes at hourly or 2 hourly intervals.

All 4 acupressure points can be used, or for practical purposes Hegu LI.-4 on one hand can be used in combination with the Sanyinjiao SP-6 point of the opposite leg. This combination can be repeated 1- 2 hours later starting with Hegu L.I.-4 on the opposite hand.

Ciliao BL-32 can also be used in combination with Hegu L.I.-4 and Sanyinjiao SP-6 with the support person applying firm downward strokes from Ciliao BL-32 through to the buttocks for 5 minutes once or twice a day.