

Greenbank Women's Clinic and Birth Center, Ltd.

CASTOR OIL INDUCTION

On The day you are planning to take the castor oil:

Eat a good breakfast.

Take a nap if you can.

Eat a good lunch.

Let your midwife know you are planning to take castor oil!

It's best to drink the castor oil in the afternoon so that it works with your body's natural rhythm of increasing contractions in the evening.

After lunch, mix 2 oz. of castor oil into a 4 oz. glass of smoothie, milkshake or thick juice (like apricot nectar).

Suck on an ice cube before you drink it to numb your mouth to the oily taste.

Drink it down with a straw.

Repeat in one hour.

You will most likely get diarrhea with the contractions, but it all helps in getting labor started. To prevent irritation from the diarrhea, you can use some Desitin (or whatever diaper rash cream you have on hand for the baby) on your bottom.

It may take 3-5 hours after the last dose before contractions start.