

# LABOR

- I'd like to have my labor photographed.
- I'd like to wear my own gown brought from home.
  - The hospital cannot launder the gown for you.

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## Fetal Heart Rate Monitoring During Labor –

<http://www.acog.org/Patients/FAQs/Fetal-Heart-Rate-Monitoring-During-Labor>

- I'd like intermittent or wireless fetal monitoring so I may move around freely during labor.
  - Intermittent monitoring is only appropriate when the fetal heart rate is reactive and reassuring.
  - Please be aware there are a limited number of wireless fetal monitoring systems.
- I prefer a saline or heparin lock with my IV placement.
  - You can hydrate and get calories by drinking clear liquids and eating popsicles/ice.
  - An IV is required once active labor is diagnosed.

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## Medications for Pain Relief During Labor and Delivery -

<http://www.acog.org/Patients/FAQs/Medications-for-Pain-Relief-During-Labor-and-Delivery>

- I'd like an epidural or other pain medication as soon as possible.
  - An epidural is appropriate once you have had cervical change and regular painful contractions over a short period of time.
- Please give me my options for pain medication and I will decide if I would like them.
  - We offer IV pain medications that are available as long as delivery does not appear to be imminent.
  - An epidural cannot be placed if you are unable to be still for a few minutes.
- Please don't offer me any pain medication. I will request it if needed.

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- I'd like to labor in the tub or shower.
    - Laboring in water may help with pain relief.
    - Delivery in water has not been associated with benefits to the mother or the baby. Moreover, there are case reports of serious newborn complications when water birth occurs. For these reasons, we do not offer water birth.
    - Depending on the physician on call when you present in labor, water labor may or may not be recommended. You will be able to have a conversation about risks, benefits, and alternatives with the physician on call before any final decisions are made.
    - Please ask your physician to provide you with the water labor consent form so you may sign it at one of your prenatal visits and it can be on file in labor and delivery.

- I prefer to let my water break naturally.
  - Sometimes having your water broken is the least invasive way of helping your labor progress. Having your water broken may help you avoid pitocin if your labor has slowed.
- I'd like to be coached on when to push and for how long.
- I'd like to push when and how I feel I should.
- I'd like warm compresses applied to my perineum while pushing.
  - There is some evidence that this may decrease the severity of a tear during delivery.
- I'd like to choose the position I deliver in.
  - Depending on the physician on call when you present in labor, delivering on your hands and knees may or may not be recommended. You will be able to have a conversation about risks, benefits, and alternatives with the physician on call before any final decisions are made.
- I'd like to view my baby's birth using a mirror.
  - This may help you learn where and how to push.
- I'd like to touch my baby's head as it crowns.
  - This can be encouraging to a mother in that she can realize just how close she is to delivery.

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Assisted Vaginal Delivery - <http://www.acog.org/Patients/FAQs/Assisted-Vaginal-Delivery>

- I would like to try an assisted vaginal delivery as opposed to a C-section if I need help delivering vaginally.
- I would rather have a C-section than have an assisted vaginal delivery for any indication other than fetal distress.

## AFTER DELIVERY

- I'd like to film video immediately after my delivery.
  - You'll sign a consent form when you arrive in labor.
- I'd like to hold my baby skin-to-skin immediately after delivery and delay weighing my baby, etc. for about an hour.
  - Skin-to-skin immediately after delivery is standard practice for us.
- I'd like to hold my baby skin-to-skin immediately after delivery then after a few minutes have him/her dried off, weighed, etc.
  - Skin-to-skin immediately after delivery is standard practice for us.
- I'd like to delay cord clamping for at least 30 seconds.
  - There is not enough evidence to prove or disprove the benefit of delayed cord clamping in term infants.

- If you undergo delayed cord clamping and want to bank your cord blood, the amount to bank may be less or insufficient.
  - Delayed cord clamping in preterm infants, when possible, has been proven to be beneficial.
  - I would like to have my partner cut the cord.
  - I'd like to avoid Pitocin for delivery of the placenta.
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Cord Blood Banking - <http://www.acog.org/Patients/FAQs/Cord-Blood-Banking>

- I plan to donate my baby's cord blood to a public bank.
    - LifeCord is the public bank used by Brookwood Baptist - <http://www.lifecord.org/>
  - I plan to store my baby's cord blood in a private bank.
  - I'm not banking my baby's cord blood.
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- I plan on taking my placenta home.
  - You'll sign a form and be given instructions on what to do with the placenta when you present in labor.
- I have discussed breastfeeding with my doctor and I have no questions about exclusively breastfeeding.
  - Breastfeeding Your Baby - <http://www.acog.org/Patients/FAQs/Breastfeeding-Your-Baby>
- I still have questions about exclusively breastfeeding.
  - If you are still unsure about breastfeeding, please seek the advice of your physician, your baby's pediatrician, the hospital lactation consultants, and/or any of the nursing staff in the women's hospital.
- I'd like to be consulted before my baby is offered a bottle or a pacifier.
  - The American Academy of Pediatrics' recommendations on pacifiers: [http://www2.aap.org/oralhealth/pact/ch8\\_sect1b.cfm](http://www2.aap.org/oralhealth/pact/ch8_sect1b.cfm)
- I have consulted my baby's pediatrician and I'd like to refuse the routine administration of erythromycin eye ointment for my baby.
  - You'll need to sign a waiver when you present in labor.
- If my baby's a boy, I want him circumcised at the hospital.
  - Newborn Circumcision - <http://www.acog.org/Patients/FAQs/Newborn-Circumcision>