

Congratulations on your pregnancy!

In preparation for your labor and delivery experience we have created a few documents in order to be sure you feel confident, comfortable, and supported. While you work on your birthing preferences, keep in mind that we do not intervene unless it is medically necessary. For example, we will not administer pitocin, make an episiotomy, or do a C-section unless we as your physicians deem it to be medically necessary.

We welcome any members of your support team to be a part of the pregnancy and labor process. This includes family, friends, and doulas. We want to be sure our relationship with you and your support is one that fosters teamwork.

It is important to remember throughout this process that no one is able to completely control the labor process. You, your support team, and we will need to make changes based on how your labor progresses.

Please do the following:

1. Review the *Birthing Preferences Guide*.
2. Fill out the *My Birthing Preferences* document.
3. Discuss your birthing preferences with your primary OB.
4. Put a few copies in your labor and delivery bag so you'll be sure to have them when you go in to labor.

We look forward to welcoming your one-of-a-kind baby (or babies!) into this world in such a way that you have a lifetime of beautiful memories from your experience!

Drs. Banks, Tamucci, Maddox, and Aultman

