

Congratulations on your pregnancy!

In preparation for your labor and delivery experience, we have created a few documents to make 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 perform a C-section unless we, as your physicians, deem it medically necessary and you, as the patient, have participated with us in a shared decision-making process.

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.

Throughout this process, it is important to remember that no one can completely control the labor process. You, your support team and our care team may need to make changes based on how your labor progresses.

Please do the following:

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

In good health,

Drs. Banks, Aultman, Maddox, Tinker and Lenhard