



BIRTH OPTIONS

ONSET OF LABOR

Spontaneous

Alternatives

*Acupuncture**

*Chiropractic**

Acupressure

Nipple stimulation

*Herbs/Essential Oils**

Medically Induced

Sweeping Membranes

Foley Catheter

Cytotec (Misoprostol)

Prostaglandin

Pitocin

Amniotomy

CLOTHES

Own clothing

Hospital Gown

EMPTY BLADDER

Walk to toilet

Bedpan or Commode Chair

Catheterization

MONITORING

None

Handheld doppler

Intermittent

Continuous

Internal

PAIN RELIEF

Epidural

Offer Please

Only if I ask

Narcotic

Offer Please

Only if I ask

Sterile Water Injections (for back labor)

RELAXATION TECHNIQUES

Vocalization

Relaxation

Breathing

Imagery/Visualization

Focal Point

HYDRATION

Drinking Fluids

Ice Chips

IV Fluids

FOOD

Snacks as desired

Honey Sticks/Popsicles

None

COMFORT MEASURES

TENS Unit

Hot/Cold Packs

Water - *Shower/Bathtub/Compresses*

Massage

Aromatherapy

Doula Support

Lighting

Music/Sound Machine

POSITIONS

Walking

Lunging

Sitting

Rocking

Standing

Pelvic Rocking

Dangle

Back-to-Back

Hands & Knees/Knee Chest

Squatting

Toileting

Leaning over bed

Birth Ball

SPEED UP LABOR

Patience/Nothing

Nipple stimulation

Position changes

Break amniotic bag

Pitocin

PUSHING

Spontaneous

Directed

Prolonged

Varying positions

Mirror

No "coaching"

Passive Descent

DELIVERY POSITION

Semi-lithotomy/Semi-sitting

Side-lying

Hands and Knees

Squatting

Standing

Mom or Dad "catches"

In water

PERINEAL CARE

Massage

Warm Compresses

Slow Crowning/Delivery

Episiotomy

Prefer tear to episiotomy

CUTTING CORD

Partner or Mother

Doctor/Midwife

Wait until pulsing stops

Wait for 60 minutes

Lotus

BABY'S

WARMTH/ASSESSMENTS

On mother

In warmer

Warmer if medically indicated

EYE CARE/IMMUNIZATIONS

Immediately

Delayed

Decline

CESAREAN

Partner present/Doula present

Epidural/Spinal

At least one arm free

Lower sterile drape for mom to view delivery

Breastfeed in OR

Infant with mother in OR and recovery

Describe events

Video/Pictures

No bathing or dressing of baby

Initial wipe down towel given to mom for smell/fluid transfer

Environment

Special Music

Aromatherapy

Only essential talk

Only essential lights

ROOMING IN

24 hour with mother

Nursery at mother's request

Partner rooming in

FEEDING

Breastfeed

No bottles/pacifiers/formula

Medically necessary pumped milk

Finger feed/Syringe

Formula

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Desirre Andrews Preparing For Birth 2008

Adapted from Jennifer Vanderlaan

*speak to your care provider and only under supervision of alternative healthcare provider

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