



# 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

All Rights Reserved

Desirre Andrews Preparing For Birth 2008

Adapted from Jennifer Vanderlaan

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

**This may be copied for educational purposes.**