



## BIRTH OPTIONS MENU

### ONSET OF LABOR

Spontaneous

Alternatives

*Acupuncture\**

*Chiropractic\**

*Acupressure*

*Nipple stimulation*

*Herbs/Essential Oils\**

Medically Induced

*Sweeping Membranes*

*Foley Catheter*

*Cytotec (Misoprostol)*

*Cervadil/Prepadil*

*Pitocin*

*Amniotomy*

### CLOTHES

Own clothing

Hospital Gown

### EMPTY BLADDER

Walk to toilet

Bedpan or Commode Chair

Catheterization

### MONITORING

None

Fetoscope

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

### 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 sac

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

Delay for \_\_\_\_\_ minutes

Lotus

### BABY'S

#### WARMTH/ASSESSMENTS

On mother

In warmer

Warmer if medically indicated

#### IMMUNIZATIONS

**(Eye Ointment, Vitamin K, Hepatitis B)**

Immediately

Delayed

Decline

#### CESAREAN

Partner present/Doula present

Epidural/Spinal

At least one arm free

Lower sterile drape to view delivery

Skin to skin in OR and recovery

Breastfeed in OR and recovery

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*

#### 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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Preparing For Birth 2011

Adapted from Jennifer Vanderlaan

\*speak to your care provider. Only under supervision of alternative healthcare provider

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