

MY PREGNANCY AND BIRTH ROADMAP

My pregnancy goals

As you think about the months ahead, what are some ways to stay healthy, prepare for childbirth and plan for parenthood?

- Eat 5 to 9 servings of fruits and vegetables daily
 - Walk 15 to 30 minutes every day
 - Learn more about pregnancy and childbirth
 - Take some time every day for relaxation or meditation
- _____
 - _____
 - _____

My birth preferences

Companions: Having a someone you can “lean on” and who can support you in labor can be helpful and has been shown to reduce the need for pain relief.

My birth companion(s) will be:

Labor “tool chest”

We encourage the use of a variety of “tools” to help you in labor. These things can help with labor progress and with managing pain. Please let us know what you would like to use so we can discuss what is available and what you will need to bring:

- Movement such as walking or dancing
- Changing positions frequently
- Physio ball (“birth” ball)
- Hot or cold packs
- Music
- Tub soaks or shower
- IV pain medication
- Epidural
- _____

Monitoring during labor

When you first arrive, we will check your vital signs and the baby’s, too. This means getting your blood pressure, pulse and temperature. For the baby we would use the fetal monitor to get a reading of the baby’s heart rate and your contractions. If everything is normal we will check the baby’s heart rate every 15 to 30 minutes in labor. If you have had a c-section in the past or we are inducing labor then we will recommend using the fetal monitor continuously throughout your labor.

- I am fine with the recommendations for monitoring in labor.
- I prefer _____.

My care team for labor & delivery

The midwives work closely with all members of the OB team and we are responsible for teaching residents and medical students. Our goal is to individualize care and promote a calm environment so that women feel safe and respected during the birth process. We typically have a resident or a medical student assisting in care:

- I am fine with having a medical student and resident participate in my care.
- I prefer either a medical student or a resident.
- Other: _____

The Big Moment! My requests for the birth.

The midwifery model of care supports keeping the lights low, avoiding episiotomy, being flexible about birthing positions, placing the baby immediately on mom's chest and delaying the clamping and cutting of the cord. Sometimes baby's need some help getting their breathing and heart rates going. If that is the case then we may need to readjust these plans and we will be discussing this with you at that time.

My additional requests for the birth:

Cesarean birth requests

Most of the time a cesarean birth is not an emergency and either an epidural or spinal can be used for anesthesia so that you are awake. One support person is encouraged to be with you. A pediatric team will be at the birth to immediately assess the baby and then the goal will be to have the baby snuggle with you.

If you have special requests please let us know:

Some things you need to know about the first few hours

You will be in the birthing room for about 1½ to 2 hours after delivery. During this time you can eat and we encourage you to try feeding the baby. A nurse practitioner or pediatrician will come to examine the baby at about an hour of age.

- I plan to breast feed
- I plan to bottle feed
- I accept Vitamin K administration for the baby
- I accept erythromycin ointment for the baby's eyes to prevent infection and possible blindness.
- I accept Hepatitis B vaccine administration

Planning for home

Most families stay 24 to 48 hours after the birth. We encourage you to rest as much as possible and have visitors wait to see you at home. Taking tub soaks, using ice packs, taking walks and using prescribed pain medications will help with your recovery. A breastfeeding specialist is available most days and can arrange a time to help you. A midwife and your baby's care providers will see you in the mornings. You will be discharge by 11 a.m. on the second day after a vaginal delivery. If you had a cesarean birth you will be followed by our OB/GYN team and may stay an extra day.

Special requests for my stay on the Mother-Baby Unit: