

# 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

Catheter

## **MONITORING**

None

Feta scope

Handheld doppler

Intermittent

Continuous

Internal

## **PAIN RELIEF**

Epidural

*Offer Please*

*Only if I ask*

Narcotic

*Offer Please*

*Only if I ask*

## **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

Use of 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 stays with mother

Describe events

Video/Pictures

No bathing or dressing of baby

Initial wipe down towel given to mom

Environment

*Special Music*

*Aromatherapy*

## **ROOMING IN**

24 hour with mother

Partner rooming in

## **FEEDING**

Breastfeed

No bottles/pacifiers/formula

Medically necessary pumped milk

*Finger feed/Syringe*

Formula

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Adapted from Jennifer Vanderlaan

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

