

GIANT LIST OF BIRTH OPTIONS

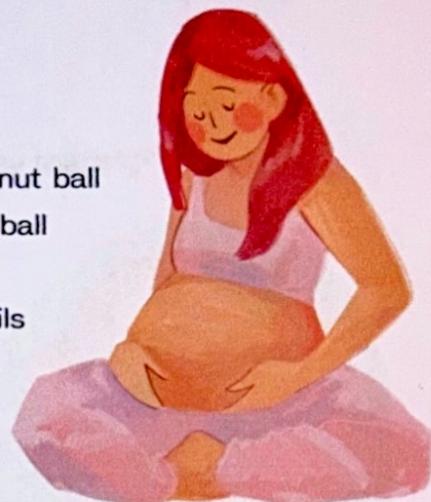
Before diving into this list of birth options, remember that YOU are in charge of your birth. Instead of feeling like things are happening to you, think of it as,

“I am choosing this because I believe it’s the best option for me and my baby based on my own knowledge, intuition, and the recommendation of the care provider I trust.”

Making informed decisions helps you feel confident, prepared, and ultimately at peace with your birth experience, no matter what twists and turns come up.

Labor

- Comfort measures at home: select all that you might enjoy.
 - massage
 - hydrotherapy
 - distraction - cooking, movies, nesting
 - rest/sleep
 - walking
 - snuggles with family or pets
 - something else -
 - use of peanut ball or birthing ball
 - cool/heat
 - essential oils
 - candles
 - music
 - dim lights
- When would you like to transfer to your place of birth?
- Do you want to stay or leave if its early labor instead of active labor? What if your water is broken?
- Who would you like to support you while you’re in labor?
- What would you like to eat and drink during labor?
- What would you like to wear during labor and delivery?
- Would you like photos and videos throughout? Modestly? Full view? Who will take these?
- Will you accept blood products in an emergency?
- How do you feel about cervical checks? Different before & after water breaks?
- How do you want to handle no change or slow change?
- Do you want an IV, IV heplock, or neither?
- Do you want IV antibiotics in labor if you are GBS positive?
- Do you prefer continuous monitoring, wireless continuous monitoring, intermittent monitoring, or a Fetal Scalp Electrode (FSE)?
- Would you accept pitocin? If so, under what circumstances?
- Are you interested in any medical pain relief? IV pain meds, Nitrous oxide, epidural?

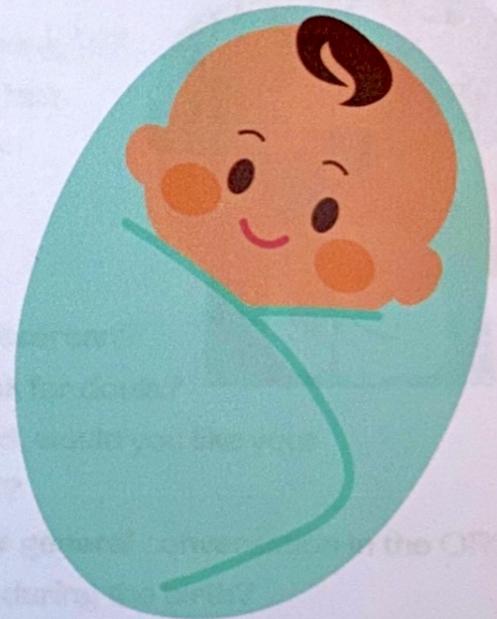


Delivery

- What position(s) would you like to push and deliver in?
- Do you prefer coached pushing or physiological pushing? Open or Closed glottis?
- Do you want perineal support? In what way? Warm compress? Hands - support or stretching?
- Would you like a mirror? Would you like to touch your baby's head when crowning?
- Would you agree to an episiotomy? Under what circumstances?
- Who do you want to catch the baby?
- Would you prefer a one-step or two-step delivery (not common in the hospital)?
- Do you want suction, stimulation, diaper, and/or a hat?
- Do you want Pitocin after birth to prevent a postpartum hemorrhage?
- Do you want your provider to tug on the cord to encourage placenta delivery?
- Do you want delayed cord clamping? If so, how long?
- Do you want to collect your cord blood?
- Would you like to do placenta encapsulation?
- Do you want to check for tears? Would you like sutures for any tearing?

Baby

- Antibiotic eye ointment?
- Vitamin K - Shot, orally, or neither?
- Hep B Vaccine?
- Newborn metabolic screen?
- Circumcision? In the hospital? At a later date?
- How would you like baby's first bath? Done by nurses in the hospital, done by you in the hospital/birth center, or done at home?
- Have you chosen a Pediatrician?



Labor Prep

- What methods, if any, would you be interested in trying to "stack the cards in your favor" of having a smoother birth? (Primarily after 37 weeks - ask provider first)
 - Spinning Babies
 - BodyReady Method Assessment
 - Walking
 - Gentle Birth Tincture
 - Eating Dates
 - Eating Pineapples
 - Red Raspberry Leaf Tea
 - Evening Primrose Oil

Labor Encouragement

- Under what circumstances would you consider encouragement options?
- What methods would you be interested in? (Ideally after 39 weeks – ask your provider first)
 - Membrane Sweep
 - Walking/Curb Walking
 - Miles Circuit
 - Induction Massage
 - Sex
 - Nipple Stimulation/Pumping
 - Castor Oil or Homeopathies (this comes with risks and is NOT recommended without direct approval from your provider)

Labor Induction

- Under what circumstances would you be comfortable considering induction options?
Have you researched these reasons?
 - big baby
 - broken water
 - social reasons for family or doctor
 - low fluid levels or high fluid levels
 - gestational diabetes
 - pre-eclampsia
 - high blood pressure
 - other –
- When would you be comfortable inducing? 39, 40, 41, 42 weeks?
- Do you want cervical checks at your prenatal visits?
- What medical induction methods would you be interested in?
 - Breaking Water (AROM)
 - Cervadil or Cytotec
 - Foley bulb
 - Pitocin



Cesarean Birth

- Under during circumstances would you agree to a Cesarean?
- Who would you like to join you during a cesarean? Ask for doula?
- In the event mom and baby are temporarily separated, would you like your support person to stay by your side or baby's side?
- Would you like music, quiet, conversation with you, or general conversation in the OR?
- Would you like a full drape, clear drape, or no drape during the birth?
- If full drape, would you like it lowered so you can see the moment of delivery?
- Are you comfortable having your arms strapped to the table?
- Do you want extra medicine for anxiety?
- Would you like baby to come straight to you for skin to skin with initial checks on your chest or have baby cleaned up, checked out, and diapered first?
- Would you like vaginal seeding?
- Would you like to bring pre-collected colostrum in case baby needs to be fed by someone other than you?

