

Common Birth Interventions and your options for using them

At the hospital **you have the right to know** all the pros and cons of each intervention offered to you. If something is not medically needed, **you can say no**.

Hospital Gowns

Why: Hospital gowns help staff get to your body easily. This helps them care for you.

Pros: It's easy to get a new gown if you need one.

Cons: They're one-size-fits-all. They may not fit the way you like.



Yes, I want one!
No, I'd rather wear my own clothes.
I'd rather wear nothing!

Vaginal Exams

Why: Vaginal exams are done mainly to see changes in your cervix and see the position of the baby. In most hospitals they happen every 4 hours.

Pros: They can help you know where you are in your labor.

Cons: They can slow labor down and make you worry. You may also be more likely to get an infection.



IV

Why: An IV helps keep you hydrated and makes it simpler for the staff to give you medicine.

Pros: It keeps you hydrated. If you want an epidural or Pitocin, you have to have an IV.

Cons: It can be painful and make it hard to move around.



Yes, because I want an epidural.
I might say no, but please ask me.
No, unless it's medically necessary.
Yes, even if I don't have an epidural.
I would like to be checked regularly.
No, unless it's medically necessary.

Common Birth Interventions and your options for using them

Epidurals

Why: An epidural is medicine to help with pain. It is a needle put into your spine.

Pros: It helps with pain.

Cons: It can slow labor and make it hard to get the baby into the right position. You are more likely to have a C-section and need Pitocin if you have an epidural.



I want to labor without medicine.

I will ask for it during labor if I decide I want it.

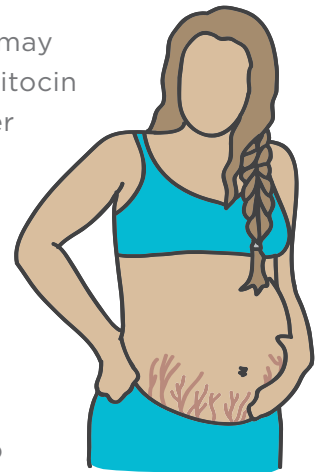
Yes, I want medical pain relief.

Induction

Why: Your doctor may want to give you Pitocin or break your water to help get labor going.

Pros: If you are 41 or 42 weeks pregnant this may be needed.

Cons: Inducing too early can lead to problems.



I might want an induction if I pass my due date.

Yes, I want to request an induction.

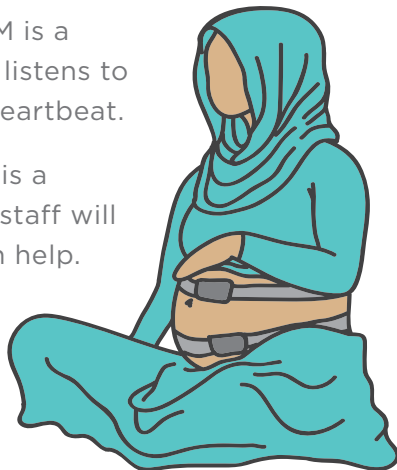
No, unless I am given a medical reason to.

Electronic Fetal Monitoring (EFM)

Why: The EFM is a machine that listens to your baby's heartbeat.

Pros: If there is a problem, the staff will know and can help.

Cons: It makes it hard for you to move.



Yes, I would like to have this monitoring during my labor.

No, I would like to use other ways to monitor my baby.