

Crouse Hospital First Steps Childbirth and Family Education Program

Planning for your birth…..

Below are some of the options that maybe available to you in labor Check those that you are interested in and discuss them with your partner as well as your healthcare provider.

**Care Provider**

Obstetrician

Family Practice

Certified Nurse Midwife

**People I would Like to be present at my birth:**

Partner

Siblings of the baby

My Siblings

Other family members

**Partner/Labor Assistant Present**

For all procedures

During Labor

During Delivery

During C-Section

In post partum room

**Before Labor**

Stay home as long as possible

Arrive early and settle in

**Early Labor**

Wear my own clothes

Wear hospital gown

**Food**

Access to clear liquids

Access to light foods

Ice chips

**Pain relief and Relaxation**

Massage

Tub

Shower

Music

Acupressure

Medication

Breathing

Imagery

Birthing Ball

Reiki

Cool Cloth

Medication Options

**Movement**

Free to move around and change positions

**IV**

Routine

Hep Lock

Only as needed

**Labor**

Proceed on it’s own with artificial stimulation

**Membranes**

Ruptured artificially

Ruptured naturally

**Fetal Monitoring**

Intermittent Auscultation

Intermittent Monitoring

Use during

- all

- part

- as needed

**Delivery Position**

Squatting

Sitting

Reclining on side

Hands & Knees

Other

**Lighting**

Dim

Bright

**Following Delivery**

Immediate skin to skin contact for 1 hour

**Umbilical Cord**

Delayed clamping

Cord blood collection

Cut by a person of your choosing

**Breastfeeding**

Immediately

**Eye Prophylaxis**

Immediately

Delayed up to 1 hour

**Location of Baby**

Can stay in your room

**Nursery Procedures**

Pacifier Yes/No

Circumcision

**Method of feeding**

Breast

Bottle

Both

**Length of Stay**

Standard Stay

- 2 days for vaginal delivery

- 3 to 4 days for a c-section

Short Stay

-24 to 36 hours

-Request family birth program

-Notify Pediatrician and OB

-Let beside nurse know

-Includes a nurse home visit

**Cord Blood Collection**

Donate – Upstate Cord Blood Bank (free)

Bank- Multiple Companies (payment)

**\*Pediatrician should be arranged prior to delivery, have your car seat installed prior to delivery as well.\***