

BIRTHING OPTIONS

HEALTH CARE SUPPORT

- Family Doctor
- _____
- _____ (can provide medical care – also trained to help with home deliveries)
- Hospital versus home?

PERSONAL SUPPORT

_____ Classes

Birthing Plan:

- Who will be in the room?: Family? Friends?

- Provides emotional and physical _____ but no _____



FETAL MONITORING

Used during labour to monitor how the baby is _____ the mother's contractions.

- Abrupt changes in baby's heart rate mean the baby is in _____

External versus Internal

- Medical professionals may switch to an _____ monitor if they are having trouble finding or maintaining fetal heart rate reading
- May also be used if the mother is obese

INDUCTION

_____ starting labour:

First step:

- Prostaglandin gel (applied to _____)
 - Contractions are monitored for _____ hour and then woman is sent home to labour
- _____ (given via IV)
 - This is used when prostaglandin has not successfully started labour

FORCEPS/VACUUM EXTRACTION

- Both options attach to the _____ of the infant to help pull them out
- Can be used in vaginal and _____ deliveries

PAIN RELIEF OPTIONS

- A _____ person
- _____ techniques and relaxation
- Warm baths or showers
- Changing _____
- _____
- Ice packs



Pain Relief Medication:

- Nitrous _____ (laughing gas)
- Narcotics given via needle (demerol, morphine)
- Epidural versus Spinal? (given by _____ in spine)
 - Epidural is _____ (can add more medication) and is more often used when a vaginal delivery is still a possibility
 - A spinal is used when it is a scheduled c-section because it is only needed for a certain window of time
- General anaesthetic
 - A _____ – typically only used if complications arise

