



Early & Active Labor Suggestions

Labor Room

- Dimmed Lights
- Quiet Voices
- Music
- Rest When Possible
- Have Support Person at Bedside
- Wear My Own Gown
- Wear Hospital Gown
- Visitors Are OK During Labor
- Visitors OK Dependent on Situation
- No Visitors (Confidential Status)
- Have Clear Liquids (Standard)
- I Don't Have a Preference
- Dependent on Situation

Induction/Augmentation

- It's OK To Break My Water
- Wait for Water to Break
- Cervical Ripening Medication
- Pitocin for Induction
- Pitocin for Augmentation
- Nipple Stimulation
- Cervical Exams as Indicated
- Cervical Exams Minimal
- I Don't Have a Preference
- What is Recommended by the Physician

Pain Relief Options (Medicated & Non-Medicated)

- IV Pain Medication
- Epidural
 - Only offer when asked for
- Breathing Exercises
- Massage by Support Person
- Counterpressure on Lower Back
- Heat/Ice
- I don't Have a Preference

Movement

- Alternate Positions Frequently
- Walking
- Use Peanut Ball in Bed
- Use Birthing Ball at Bedside
- Use NRHS Position Menu

Baby Monitoring

- Continuous (Standard)
 - External
 - Internal (by Physician only)
- Intermittent (if Applicable)
- Wireless Monitoring (Novii)
- Mini Monitoring System
- I Don't Have a Preference
- What is Recommended by the Physician

Other _____
