

# *A New Beginning - Obstetrics and Gynecology*

An Affiliate of Capital Internal Medicine Associates, P.C.

## What to Expect in Labor

### During Labor

- You can have who you want in your room
- You can dim the lights, play your own music, wear hospital gown or your own clothes
- Staff checking on you will be your nurse, a resident, and one of our doctors
  - If medical students are around, the staff will ask your permission before having them come in your room
- You can stand, sit, walk around, get in the shower or tub as long as the baby tolerates these positions
  - There are rocking chairs, birthing balls, and birthing peanut balls available
- You will need IV access for safety (saline lock)
- You will be monitored according to your situation (intermittent, continuous, etc.)
  - Most patients are able to use our wireless monitors that allow continuous monitoring while you move around unrestricted
- Labor augmentation is only done if needed
- Pain relief is your choice and you can change your mind
  - Breathing techniques, hot/cold therapy, massage, meditation, etc.
  - IV pain meds, Nitrous Oxide, Epidural

### During Delivery

- You may push in any positions you like as long as the baby tolerates these positions
- We have foot pedals, squatting bars, and mirrors available
- There are no time limits on pushing, it depends on your situation
- Forceps, vacuum, or episiotomy are only used in emergencies
- No videos or pictures of mom's genitalia, but pictures of cutting the umbilical cord, baby on mom's chest, and the baby's weight are highly recommended

### Immediately after Delivery

- The baby will be placed on your abdomen while we wait for the cord to stop pulsing, as long as baby is doing well
- You choose who will cut the cord
- Once the placenta releases, controlled traction reduces bleeding and keeps the placenta intact
- Postpartum Pitocin is used after the placenta is delivered to stop bleeding
  - This does not cause contractions or increase cramping
- Your baby will stay on your chest as long as you and your baby are doing well
- We will ask before weighing or measuring your baby in your room
- Normal newborn care includes a Vitamin K shot, a Hepatitis B vaccine, and eye ointment
  - Your nurse will ask you if you want to decline any of these before giving them
- Your baby will not be given any eye ointment or shots without your permission
- It is recommended to feed your baby and have them skin to skin at this time

### If a C-section is necessary

- General anesthesia is only given as a last resort
- You will have 1 support person with you
- After the delivery, the baby is brought to the warmer so the Pediatrician can examine the baby
  - You can see the baby from your position
- Your arms will be free to hold your baby on your chest as soon as the baby is done with the Pediatrician
- When it is time for your baby to go to the nursery for weight and measurements, your support person may accompany the baby
  - They will return to be with you in the recovery room

### After delivery

- We wait 8 hours before giving babies a bath under most circumstances
- Your baby is only given a pacifier if you request it
- One adult support person can stay in the room with you
- Your baby will stay with you in the room, unless the baby needs special care in the nursery
- If you are alone and need rest, respite care is available between feedings for certain circumstances
- Hospital stay
  - Vaginal delivery, GBS negative = at least 24 hours from delivery
  - Vaginal delivery, GBS positive = at least 48 hours from delivery
  - C-section = at least 48 hours from delivery
  - If your baby has to be transferred to another facility, we will discharge you as soon as possible or give you a “leave of absence” to go see the baby

\*\*\*Remember that this is a general guideline. At times, we will have to adjust to protect you and your baby.