

My Birth Day Preferences

Welcome to Tripler Army Medical Center! The events surrounding the birth of a child create memories that will remain with you for a lifetime. Thank you for choosing TAMC as your place of birth and including us in this special and exciting time.

Below is a list of common situations that are encountered during the birth of a child. We want to share with you the customary practices at TAMC so that you will have an idea of what to expect when you are admitted. We hope it provides a framework for discussion to help you and your partner identify your feelings and desires for this special day. Please begin to think about these issues and discuss them with your care provider. Bring a copy of this preference list with you to the hospital.

It is important for you as a patient to understand that TAMC is a training institution. There will be a TEAM of providers caring for you throughout your prenatal course and delivery. This TEAM may include Obstetricians, Certified Nurse Midwives, Pediatricians, Residents, medical students, nurse anesthetists, nurse anesthetists' students, nurses, nursing students, and technicians. All TEAM members are appropriately credentialed and strive to provide quality medical care. We would like to take this opportunity to thank you for your assisting us in further helping to train the future of the medical profession.

Date: _____

Name: _____

Support Person (s) _____

• Do you have religious, cultural, or spiritual preferences that you would like to incorporate into your birth experience?

Comments _____

Labor & Birth

1. Early labor is sometimes a lengthy process. During this time, it is very important for you to be able to move freely, change positions, and eat light snacks. In most circumstances, home is a much better place for early labor. Do not be discouraged if, on the first exam in OB reception, you are asked to walk for a period of time or even to return home.

Comments: _____

2. All of our Labor & Birth suites are private rooms and have showers or jacuzzi tubs. We encourage you to bring your favorite music with CD player; dim the lights to create a

relaxing environment and change positions as you need for comfort. You may invite friends and family to be with you during labor.

Comments: _____

3. It is important to stay well hydrated during your labor and so we encourage you to drink clear liquids during this time. We provide ice chips, water, juice, and jello. You may also wish to bring hard candy for yourself and snacks for your partner. If you choose to get an epidural, we will ask that you no longer have anything to drink from that point on.

Comments: _____

4. We routinely start an IV upon admission. This is to allow us to be prepared for any situation that may arise. We do not routinely perform enemas or shaving for delivery at TAMC.

Comments: _____

5. Every baby's heart rate is monitored externally on admission to Labor and Delivery. If the baby's heart rate is reassuring, then intermittent monitoring may be possible. If there is any concern, if you have any medication (IV pain medication or an epidural), are undergoing induction or augmentation of labor (with pitocin or cytotec), or if you have a history of previous Cesarean delivery then continuous monitoring becomes medically necessary. This may limit your movement during labor.

Comments: _____

6. We support a range of non-medication options for pain management including walking, massage, birthing balls, Jacuzzi tub, squat bar, etc. What other options are you considering?

Comments: _____

7. Walking around and being upright are helpful for the pain of labor. If labor does not progress, you may need additional help such as breaking the bag of water or Pitocin. Pitocin is the same hormone that your body produces during labor. If this is necessary, we start Pitocin at the lowest dose and increase gradually while monitoring the baby. Your care provider will discuss with you which option(s) are the most appropriate.

Comments: _____

8. TAMC offers a variety of options for pain management during delivery, of which all are safe for baby. One option is a rapid acting short term narcotic that is administered through your IV. Another option may be the use of epidural anesthesia (pain medication in the lower back). Epidural medication is provided by on site nurse anesthetists and is

available 24hrs a day. Once an epidural is administered your blood pressure, as well as the baby's heart rate, will be monitored continuously and you will not be able to walk around. Additionally, you may have diminished sensations of the need to urinate; therefore a foley catheter is normally placed to allow drainage of your bladder. Risks of the epidural include itching, elevated temperature- which may lead to increased antibiotics usage, spinal headache, inadequate pain relief, and lowering of your blood pressure- which may lead to a decrease in your baby's heart rate. This is often temporary but may result in the need for an emergent cesarean section in some situations.

Comments: _____

9. Episiotomies are not routinely performed at TAMC; however, there are some circumstances in which your care provider may recommend it- these include to expedite the birth of your baby (because baby is not tolerating the contractions) or if it appears like you are going to have a large laceration.

Comments: _____

10. Forceps and vacuum births are not routinely performed at TAMC; however there are some circumstances when your care provider may recommend their use. These include if you request it after pushing for a long period of time or to expedite the birth of your baby (because baby is not tolerating the contractions).

Comments: _____

11. Should a Cesarean delivery become necessary, you will likely be awake and your support person can remain with you for the birth. You and your partner will be able to hold your baby after the pediatricians make sure the baby is doing well. On *rare* occasions, you may need general anesthesia. In this circumstance, you will be asleep and your support person will be asked to wait outside of the operating room. After Cesarean delivery your baby and partner will be taken to the recovery room while your provider completes your surgery.

Comments: _____

12. After a vaginal birth, we can either take your baby to the warmer or place the baby on your tummy. If your support person desires, he/she will be able to cut the umbilical cord.

Comments: _____

13. For security purposes, matching identification bands will be given to the baby, mother, and designated support person. Our staff will discuss the Infant Security System with you.

Comments: _____

14. The recovery period is a time of transition. You will stay in the Labor & Delivery room while we monitor the safe transition for you and your baby. During this time, we keep parents and baby together as much as possible. If there is any concern about your baby,

pediatricians may need to observe your baby in the NICU for a period of time. We encourage you to participate in your baby's transition, including bathing and dressing your baby. The baby will be receiving standard medications such as Vitamin K (to help blood clotting) and Erythromycin to the eyes (to prevent infection). You also have the choice of whether to start the Hepatitis B vaccination series immediately after birth.

Comments: _____

15. We support your decision to breast or bottle-feed your baby. If you choose to breast feed, we will help you initiate this within the first hour of life. Our staff is here to help you become successful in caring for your baby. We have lactation consultants available at any time to give you extra help in this area, please let your nurse know if you need this service.

Comments: _____

16. At TAMC, you and your baby will be transferred to the Mother-Baby unit after the transition period. Your baby will room in with you during your entire stay.

Comments: _____

17. Please let our staff and your pediatrician know your preferences regarding the use of pacifiers, or any other artificial nipple such as bottles, for your baby. We do not have pacifiers here, therefore if you would like to use one, please bring to the hospital.

Comments: _____

18. Newborn circumcision is only done by parent's request. The circumcision is scheduled after the pediatrician has examined the baby and after you have signed the informed consent. Please discuss the procedure with your pediatrician.

Comments: _____

19. Are there any other preferences or requests that you would like to share with us?

Comments: _____

Our desire is to honor your preferences for your birth experience. In some situations, the health of you and your baby may necessitate flexibility and collaboration with the health care team.