Birth Options Checklist

LIVE LIGHT DOULA SERVICES, LLC

Pre-labor

- ❏ Induction - Getting Labor Started
  - ❏ Pitocin
  - ❏ Membrane stretch & sweep
  - ❏ Membrane Rupture
  - ❏ Cervical ripening
    - ❏ Cervidil & Misoprostol
  - ❏ Foley Bulb

Pain Relief

- ❏ Self-request vs. staff offering
- ❏ Epidural
- ❏ Opioids

C-Section

- ❏ Who do you want in the OR?
- ❏ Drape lowered/clear
- ❏ One/both hands free
- ❏ Skin-to-Skin on table
- ❏ Breastfeeding on table
- ❏ Partner skin-to-skin if I can't
- ❏ Baby goes to recovery immediately (opposed to nursery)
- ❏ Doula with mom if dad needs to follow baby to NICU
- ❏ Decline bath for baby

* Note:

Special requests for c-sections need to be approved by both the surgeon and anesthesiologist. Talk about it ahead of time with the OB if possible and let the nurse know at the hospital when you arrive.

Labor

- ❏ Movement & Positioning
  - ❏ Use of an IV/Hep Lock
  - ❏ Fetal Monitoring
- ❏ Vaginal Exams
- ❏ Eating & Drinking
- ❏ Med Students & Residents

Vaginal Delivery

- ❏ Delivery Position
- ❏ Coached Pushing
- ❏ Episiotomy vs. Tearing
- ❏ Forceps & Vacuum

Postpartum Procedures

- ❏ Skin-to-Skin
- ❏ Drying/Cleaning Baby
- ❏ Delayed Cord Clamping
- ❏ Cutting the Cord
- ❏ Postponing newborn procedures
- ❏ Keeping placenta
- ❏ Feeding

Newborn Procedures

- ❏ Eye Ointment
- ❏ Hepatitis B Shot
- ❏ Vitamin K Shot
- ❏ Circumcision

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