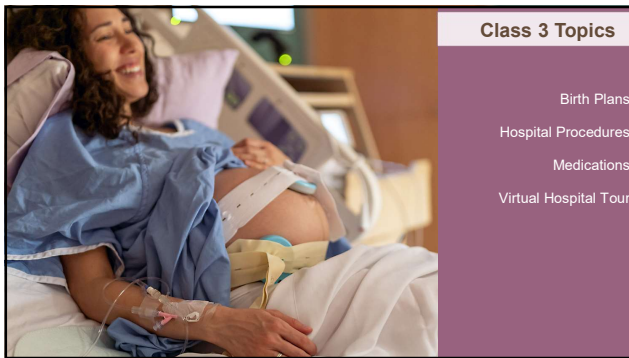




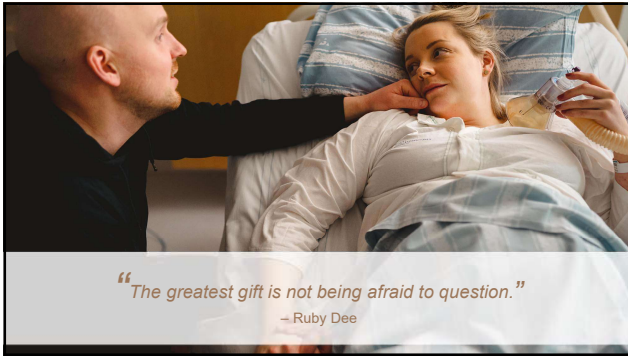
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5

Informed Consent

- What is the reason for this procedure?
- What does the procedure involve?
- What are the risks or side effects associated with this procedure?
- What is the next step if the procedure fails?
- What are the natural alternatives to the procedure, including waiting?
- What are the risks associated with waiting or trying other alternatives?

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Induction of Labor

Starting contractions by artificial means to cause labor and birth

Reasons to Induce:

- Pregnancy continues past the due date
- Your health or the baby's health is at risk
- Your water breaks and contractions do not start

If your body is already close to starting labor, there might be some nonmedical alternatives you can try.



Ask questions and discuss any concerns with your healthcare provider

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Induction & Augmentation Methods

INDUCING LABOR

AUGMENTING LABOR

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Induction of Labor

What Week is Considered Safe to Have Your Baby?

{ Greater than 39 weeks }

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In the Last Few Weeks of Pregnancy

- Important organs are still developing and growing
- Your baby's hearing and vision are still developing
- During the last 6 weeks of pregnancy your baby's brain almost doubles in size

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Induce for Medical Reasons

I feel so big!

My mother wants to travel here for the birth.

Since there are risks, inducing labor for reasons of convenience is not generally recommended.

My partner has a business trip a few days after our due date!






I want my baby to be an Aries like me!



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Medical Methods Summary

Induction		Induction or Augmentation		
				
Sweeping the Membranes	Cervical Ripening Agent	Foley Balloon (mechanical dilators)	Amniotomy	Pitocin


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IV Fluids

- Help maintain adequate blood pressure if anesthesia is used
- Deliver Pitocin, antibiotics, or other medicines if needed
- Prevent or treat dehydration

Sip water or suck ice chips to help prevent dehydration!




A saline lock prepares you for an IV, but allows you to move around

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Monitoring

- Fetal monitoring is commonly used during labor
- External monitors track fetal heart rate changes and contraction patterns
- There are 2 types of internal monitors:
 - IUPC used for contraction monitoring
 - Scalp electrode used for fetal heart-rate monitoring



External monitoring uses elastic belts to hold sensors in place and amplifies the sound of your baby's heartbeat

▶


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2nd Stage Interventions

- Assist the baby through the birth canal if the birthing person cannot push effectively
- Used if the baby needs to be born quickly

Using upright pushing positions and following your body's natural pushing urges may reduce your need for these interventions.


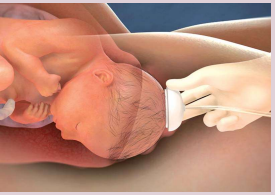


Pushing can be a challenge if you are exhausted

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2nd Stage Intervention Methods

 <p>Forceps</p>	 <p>Vacuum Extractor</p>
--	---


▶

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Episiotomy

- Increases the size of the vaginal opening at birth
- A local anesthetic is injected before the procedure
- Does not substantially shorten the birth of the head
- The incision becomes infected more often, is more painful, and may extend farther than a natural tear



The episiotomy incision will either be made straight back or off to the side

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Any Questions?

Any questions?

Pain Medications is the next topic!



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Non-Pharmalogical Pain Relief

- Breathing
- Visual Imagery
- Relaxation Exercise
- Massage
- Position Changes
- Birth Ball
- Shower
- Attention Focusing and Distraction
- Focal Point
- Birth Doula





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Analgesics

- Administered through an IV
- Systemic medication (affects the whole body)
- Lessens pain without causing numbness ("takes the edge off")



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Analgesic Summary

+ Benefits

- Can be given soon after requested
- Provides fast relief
- Does not numb muscles (mobility is still possible after the drug wears off)

Avoid just prior to birth to reduce these effects

— Risks

- Does not provide total pain relief
- May cause drowsiness, disorientation, itching, or nausea
- May slow breathing or lower blood pressure
- May inhibit mobility while in effect

Side Effects for Baby


- May be sleepy and have difficulty breastfeeding at first
- May slow breathing and reflexes temporarily

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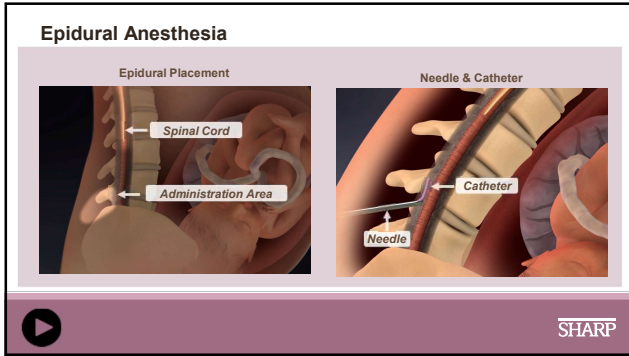
Epidural Anesthesia

- Administered by an anesthesiologist or a nurse anesthetist
- Regional anesthetic that numbs sensations in the uterus, abdomen, and lower back
- Women may still feel pressure with contractions and on the pelvic floor



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Epidural Summary

+ Benefits <ul style="list-style-type: none">• Very effective pain relief• Allows rest• Does not affect your mental state	- Risks <ul style="list-style-type: none">• May offer incomplete areas of relief• May lower blood pressure and cause fetal heart rate to drop• May cause shivering, fever, itching, and/or nausea• May cause soreness or bruising at the administration site Effect on Labor <ul style="list-style-type: none">• Continuous fetal monitoring• Must stay in bed and need a urinary catheter• May decrease your ability to push
--	--

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The summary table lists the benefits and risks of epidural anesthesia. Benefits include effective pain relief, allowing rest, and no effect on mental state. Risks include incomplete relief, lower blood pressure, shivering, fever, itching, nausea, and soreness/bruising at the site. Effects on labor include the need for continuous fetal monitoring, staying in bed with a urinary catheter, and potentially decreased pushing ability.

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3 Epidural Tips

1. Wait until you are having regular contractions that are changing your cervix to get one
2. Periodically rotate from one side to the other
3. Allow baby's head to descend before pushing

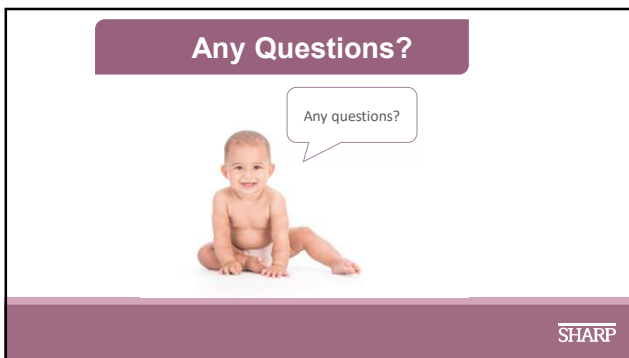
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The slide features a list of three tips for epidural anesthesia. A smiling nurse in blue scrubs is shown pointing upwards, indicating the tips. The SHARP logo is visible in the bottom right corner.

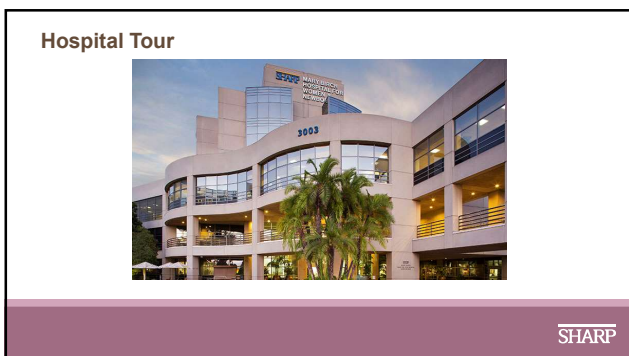
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A hospital campus map on the left and a photograph of a stork carrying a bundle on the right. The map shows various hospital buildings and parking areas. The stork is shown in flight against a blue sky with clouds.

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Before Your Hospital Stay

- Complete and submit preregistration paperwork
- Select a pediatrician
- Install car seat
- Complete your [birth plan](#)
- Pack hospital bag




A photograph of a modern hospital lobby with large glass windows, columns, and people walking.

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Guest Services and Security



A photograph of a hospital lobby seating area with a green sofa and a reception desk.

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Guest Services and Security

- 24-hour security
- Assistance with guest conveniences
 - Hair dryers, phone chargers available
 - Parking validation
- Free parking for support person

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Triage



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Triage Assessment

- All non-scheduled deliveries are assessed first in our Triage unit to determine the stage of their labor
- 18 beds
- Stay can be 30 minutes to a few hours
- One dedicated support person only



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Labor & Delivery Check-in

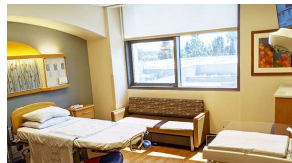


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Labor & Delivery

- 22 private labor and delivery rooms
- Showers in each room
- 24/7 anesthesia available
- Comfort amenities, including birth and peanut ball available
- Approximate stay in labor and delivery is the duration of labor plus two hours after delivery



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Cesarean Birth

- Scheduled cesarean
 - Pre-register
 - Follow pre-op instructions
- After delivery, mother and baby placed skin-to-skin in the recovery area
- Breastfeeding initiated in immediate recovery area



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Maternal Infant Services (postpartum recovery)



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Your Postpartum Stay

- 72 private rooms
- Babies room-in with mom during postpartum stay
- Support person (over 18) may spend the night
- Specially trained nurses to assist with breastfeeding
- Hearing screening
- Birth certificate
- Family Home Care Class offered before discharge
- Guest Meals can be ordered through in-house GrubHub app



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New Beginnings Boutique & Gift Shop



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New Beginnings Boutique & Gift Shop

- Breastfeeding Resource Center
- Staffed by certified lactation educators available to offer advice and support seven days a week in person or via telephone
- Breastfeeding supplies
- Large supply of nursing bras
- Free use of baby scale
- Baby gifts, fresh flowers, snacks and toiletries

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Virtual Classes and Support Groups


During Pregnancy:	After Birth:
<ul style="list-style-type: none">• Preterm Birth Education• Childbirth Preparation Class• Comfort Measures• Baby Care Basics Class• Breastfeeding Class• Sleep Strategies Class• Pelvic Floor Wellness	<ul style="list-style-type: none">• Breastfeeding Support Group• Baby and Me Time Support Group• Postpartum Support Group

Visit www.sharp.com or call 1-800-82-SHARP

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Thank you



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