

Informed Labour

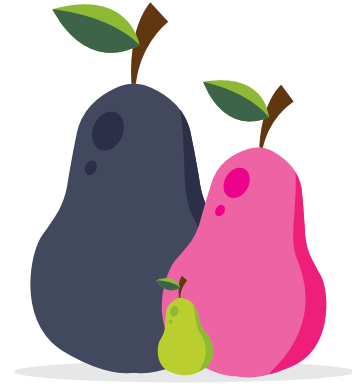
CHEATSHEET

by:

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Giving birth should be your greatest achievement, not your greatest fear.

- JANE WEIDEMAN



FIRST TIME MOM and not sure what to expect when you go into labour? Here are some **common questions** to ask your health care team when the time comes to welcome baby:



Can I eat?



Am I allowed to take a shower or bath?



How many people can be in the room with me?



Can you ask so-and-so to leave the room?



Can you help me change positions?



What's that sound?

Ask if you're hearing something on a machine and want to know why.



What does that mean?

Speak up if you don't understand what the terms or language hospital staff is using.



What are my options for pain management?

And when do I need to make a decision by?



How long can we stay here?

Being able to plan your stay helps ease your nerves for going home.



Can you tell me more about my options?

If you need to make a quick decision, it's best to know all the information.



Is this an emergency situation or do we have time to talk?



What are the risks? What are the benefits?



What could we try first or instead? What if we say no?



What would happen if we waited an hour or two?



If we do this, what other treatments might we need?