



LABOR & DELIVERY PREP

Class Notes

724 EAST 2ND STREET
BOSTON, MA 02127

WWW.BOSTONNAPS.COM
BOSTONNAPS@GMAIL.COM
857-496-0078

GETTING PREPARED FOR DELIVERY

- Put your provider's phone number in your phone, and your partner's phone
- Practice going to labor and delivery including where to park
- Always call before you go to labor and delivery
- Identify your support people now for your labor

HOSPITAL BAG CHECKLIST

Labor & Delivery Bag

- Slippers or flip flops
- Barrette/hair elastic
- Chapstick
- Toothbrush/toothpaste
- Book/Kindle
- Laptop/iPad
- Music (iPod or speakers)
- Water bottle
- Camera/video camera and chargers
- Phone and phone charger

Postpartum Bag

- Three comfortable outfits
- (Nightgowns, comfy pants/shirts
- Nursing tanks and bras
- Cosmetics/Toiletries
- Going home outfit:
- Mom- comfy clothes that you would wear at 6 months pregnant
- Baby- blanket, sleeper, sweater, undershirt, hat, car seat



WHEN TO CALL YOUR PROVIDER

Prior to 37 weeks, always call with any abdominal pain, fevers, leaking of fluid, vaginal bleeding, or decreased fetal movements.

After 37 weeks, call:

If your contractions are longer, stronger, and closer together

If your contractions are painful

If your water breaks

If you experience any vaginal bleeding

If there are any changes in the baby's movements



KICK COUNTS

If you are concerned that your baby is not moving as usual, please tell your provider right away.

They may ask you to do kick counts:

In 2 hours, you should feel the baby move 10 times

Movement may be a kick, swish, flip, flutter, or roll

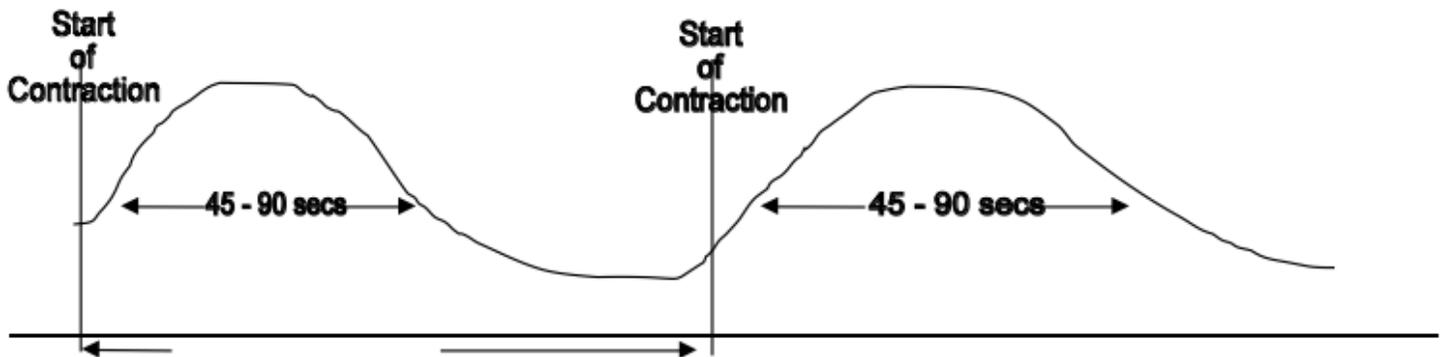
Keep track on a piece of paper

Pick a timeline when your baby is most active

Call your provider if movement is less than 10 times in 2 hours, or if movements is less than usual, or if it is taking longer than usual to get to your 10 kicks.

TIMING CONTRACTIONS

Time your contractions from the start of one contraction, to the start of the next contraction.



CERVICAL CHANGES

Dilation

0 - 10 cm

Effacement

0 - 100%

Station

-3 -- 0 -- +3

My notes:

RUPTURE OF MEMBRANES

When you "break your water"

The membranes surrounding your baby, providing protection
for your baby

May be a trickle or a gush

Note the color, odor, amount and time

Your provider may break your water for you when you are in
labor

EARLY LABOR

The time of the onset of your labor until the cervix is dilated to 3 cm
Relax, do activity that is comfortable to you, hydrate, sleep if you can
Contractions are mild, irregular and often last about 30-45 seconds

ACTIVE LABOR

Continues from 3 cm until the cervix is dilated to 7 cm

Often when patients go into the hospital

A time for more support, introducing breathing and relaxation techniques,
change positions often, try a warm shower or bath, and continue to stay
hydrated

Contractions are longer and stronger, about 45 - 60 seconds

You will notice you can no longer talk through your contractions, but now
have to breathe through them

TRANSITION PHASE OF LABOR

Continues from 7 cm until the cervix is fully dilated to 10 cm

A time when mother's rely heavily on their support persons

While the most challenging phase of labor, is the shortest

Contractions are often 60 - 90 seconds and are more intense

May experience hot flashes, chills, nausea and vomiting

DURING YOUR LABOR

Practice breathing and relaxation techniques

Move around, walk if it feels good

Use pillow and birthing balls to find a comfortable position

Bring calming music if desired

Take a warm shower or bath to help with labor pains

Apply massage or pressure to areas of discomfort

Apply heat to areas of discomfort as tolerated

PUSHING AND DELIVERY

Your nurse will teach you how to push and guide your through positions

You will have a strong urge to push with pressure in your rectum

At delivery, your baby is dried and stimulated and assessed by your nurse at the bedside

Skin to skin is initiated immediately after delivery

The placenta is delivered as the final stage of labor

Breastfeeding is initiated after about an hour of skin to skin contact

Natural Childbirth and
Pain Management Notes:



BREATHING EXERCISES IN LABOR

4 - 7 - 8

Exhale completely through your mouth, making a whoosh sound

Close your mouth and inhale quietly through your nose to a mental count of 4

Hold your breath for a count of 7

Exhale completely through your mouth, making a woosh sound to a count of 8

This is ONE breath. Now inhale again, and repeat the cycle 3 more times, for a total of 4 breaths

Breath counting

As you do this exercise, keep the breath quiet and slow, but your depth and rhythm may vary

To begin, count "one" to your self as you exhale

The next time you exhale, count "two," and so on up to "five" Then begin a new cycle, counting "one" on the next exhalation (Never count higher than "five," and count only when you exhale

Try to do this for 10 minutes as a form of meditation



CESAREAN SECTION

The operating rooms are located on your labor and delivery unit

Medicine is given through an epidural or spinal dose

The procedure usually takes about an hour

One support person with you in the operating room

A foley catheter is placed to drain your bladder

Initiate skin to skin when you are leaving the operating room

Feed the baby right away in the recovery room after an hour of skin to skin contact

RECOVERING AFTER YOUR DELIVERY

Vaginal delivery - recover on L&D about 2 hours

C-section - recover on L&D about 3-4 hours

Transfer to postpartum

Continue skin to skin

Support from nursing staff for breastfeeding and/or bottle-feeding

Epidural is removed if applicable

Pain medication as needed (Ibuprofen, Tylenol, Oxycodone)

Perineum care: Apply pads for bleeding and ice for swelling

RECOVERING AND WHEN TO CALL YOUR PROVIDER

Take your pain medicine as prescribed

Nothing in the vagina for 6 weeks (intercourse/tampons)

If you had a c-section, do not lift anything heavier than your baby

Call your provider if you experience:

Heavy bleeding (soaking a pad an hour)

Severe or worsening pain of your perineum

Fevers or chills

Nausea or vomiting

Swelling in one leg, or both

Feeling extremely sad or anxious, feelings of harming yourself your baby

Or, for anything concerning to you, please call!

My notes:



Boston NAPS Offerings

Have you completed your prenatal training?
Book any of our classes as a group or private class:

Labor & Delivery Prep
Childbirth for Multiples
Infant & Child CPR with First Aid
Newborn Essentials
Breastfeeding Basics

Visit our website for information on our
daytime and overnight nursing care offered
by a team of experienced Registered Nurses

Boston NAPS is Social

We are always hosting events around the city and would
love for you to be part of the fun.

Please visit our website, www.BostonNAPS.com/events
to mark our upcoming events on your calendar!

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