

Birth Information Questionnaire Notes (to be filled out during 1st prenatal meeting)

Stripping your membranes _____

Induced labor _____

Pitocin augmentation _____

Artificial rupture of membranes _____

Wearing a hospital gown _____

Routine IV during labor and birth _____

Not being allowed to eat and/or drink during labor _____

Narcotic pain relief _____

Epidural _____

Urinary catheter _____

Continuous external fetal monitoring _____

Pushing in the supine position (on your back) _____

Breath holding (purple) pushing _____

Nurses counting (cheerleading) during pushing _____

Episiotomy (perineal tear) _____

Vacuum extractor or forceps delivery _____

Surgical birth (Cesarean) WITHOUT your doula _____

Early cord clamping (before cord stops pulsating) _____

Routine deep suctioning of baby's airways _____

Erythromycin in baby's eyes _____

Vitamin K injection _____

Healthy baby going to nursery _____