

Pre-labor

Can you take me through each of the following methods and let me know the positives and negatives of each, and the level and type of pain I can expect, and any major warnings or side effects I should know about?

Removable Vaginal Insert (FDA-Approved)

Positives _____

Negatives _____

Type of Pain _____

Warnings/Side Effects _____

Pill (Cytotec®/misoprostol) Not FDA-Approved

Positives _____

Negatives _____

Type of Pain _____

Warnings/Side Effects _____

Balloon Catheter

Positives _____

Negatives _____

Type of Pain _____

Warnings/Side Effects _____

Stripping the Membranes

Positives _____

Negatives _____

Type of Pain _____

Warnings/Side Effects _____

Other

Positives _____

Negatives _____

Type of Pain _____

Warnings/Side Effects _____

Notes & Reminders _____

Inducing Labor

Can you give me more information about the ways to induce contractions and labor?

IV Drip-Pitocin®/oxytocin

Positives _____

Negatives _____

Type of Pain _____

Warnings/Side Effects _____

Breaking Water

Positives _____

Negatives _____

Type of Pain _____

Warnings/Side Effects _____

Managing Pain and Discomfort

I'd like to discuss the different ways to manage pain and discomfort during the induction and labor.

Natural Techniques (such as breathing techniques or massage)

Positives _____

Negatives _____

Warnings/Side Effects _____

Regional Analgesia (an epidural or spinal block)

Positives _____

Negatives _____

Warnings/Side Effects _____

Please don't offer me pain medicine. I'll request it if I need it.

Other: _____

Natural Methods for Helping Bring on Labor

Are there any 'natural' methods you would or would not recommend prior to going into the hospital for an induction?¹

Nipple Stimulation _____ **Walking** _____

Having Sex _____ **Acupuncture** _____

Evening Primrose Oil _____ **Red Raspberry Leaf Tea** _____

Castor Oil _____ **Enemas** _____

Homeopathics _____ **Spicy Foods** _____

Pineapple _____ **Dates** _____

Relaxation _____

Notes & Reminders _____