



**UNIVERSITY OF MICHIGAN
HEALTH-SPARROW**
MICHIGAN MEDICINE

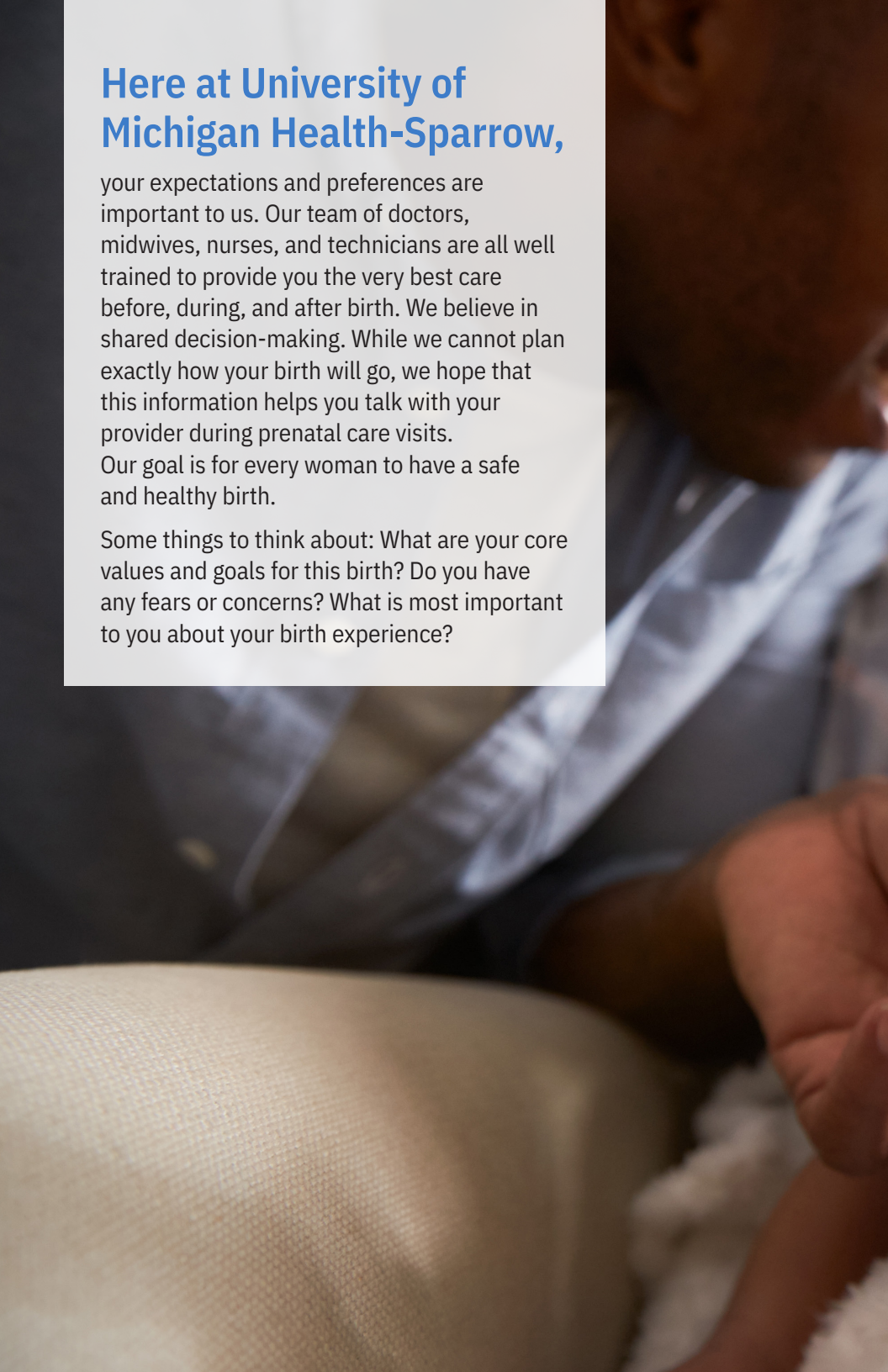
LABOR PARTNERSHIP

Here at University of Michigan Health-Sparrow,

your expectations and preferences are important to us. Our team of doctors, midwives, nurses, and technicians are all well trained to provide you the very best care before, during, and after birth. We believe in shared decision-making. While we cannot plan exactly how your birth will go, we hope that this information helps you talk with your provider during prenatal care visits.

Our goal is for every woman to have a safe and healthy birth.

Some things to think about: What are your core values and goals for this birth? Do you have any fears or concerns? What is most important to you about your birth experience?





Childbirth education

Patient education has been shown to improve both outcomes and experience. We recommend taking a childbirth class and a tour of the hospital. Classes are available through the Expectant Parents Organization (EPO) at EpoBaby.org or by calling **517.887.7000**. Tours can be scheduled online at Trumba.com/Calendars/ExpectantParents.

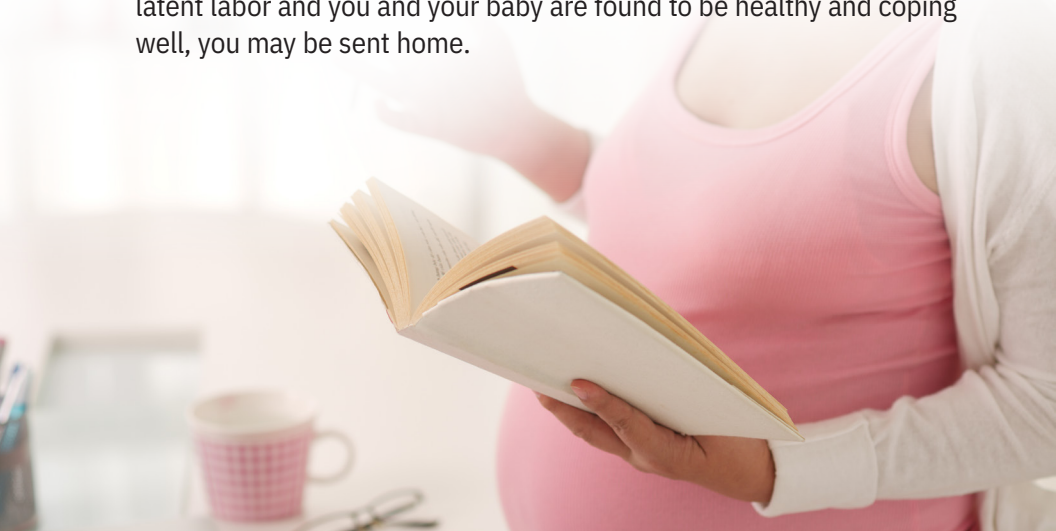
Think about using a doula. A doula provides educational and emotional support during pregnancy, birth, and after birth.

Visit LansingDoulaNetwork.com for more information.

What to expect in labor

During the first stage of labor, the cervix goes from closed to 10 cm dilated (opened). During this stage, there is a phase of slower change called latent labor and then more rapid change called active labor. Strong contractions can occur in both phases of labor.

- To time your contractions, count from the start of one contraction to the start of the next contraction.
- If this is your first baby, go to OB Triage when your contractions are painful for 1-2 hours and less than 5 minutes apart.
- If you have had a baby before, think about going to OB Triage with painful contractions when they are less than 10 minutes apart.
- Talk to your OB provider about other reasons to go to Triage.
- Waiting for active labor will lower your risk of labor interventions, including cesarean birth (C-section birth). For this reason if you are in latent labor and you and your baby are found to be healthy and coping well, you may be sent home.



Coping with labor

You will decide how to manage your pain.

- We offer many choices such as natural support, shower, IV medication, and epidural.
- We have balls of different shapes and sizes and a squat bar to help with position changes.
- Other comfort choices such as warm blankets, aromatherapy, TV, and free Wi-Fi to help you relax.
- Massage techniques and warm compresses can help minimize tearing during delivery.
- We have a mirror that may help you with your pushing efforts.
- You may bring comfort items with you such as your own music, aromatherapy, or a special pillow.

Our goal for every woman is to have a healthy vaginal birth, but if a C-section birth is needed, we will talk with you to be sure you understand the reason. In an emergency, we may need to quickly explain the risks and benefits of a C-section birth. We want you to be part of the decision for a C-section birth.

What to expect from us at the hospital

- Monitoring your baby's heart rate for at least 20 minutes upon admission. After that, you may be able to have intermittent monitoring.
- Continuous monitoring if there are any medical concerns for you or your baby. We have some wireless fetal monitors that may allow you to move more freely.
- An IV start to keep you hydrated and be prepared in case of emergency. The IV site may be capped off if fluids are not needed.
- A blood sample will be drawn.
- We will give you clear liquids (popsicles, juices, Jell-O, ice, and water). We do not give solid foods, for your safety.
- Expert care from nurses specially trained for your unique labor and birth needs.

What to expect during birth

- We do not routinely cut an episiotomy.
- We do not routinely use vacuum or forceps for delivery.
- If we recommend any procedures, we will talk with you before starting them.
- Some bleeding after birth is normal. Pitocin (oxytocin) is given after birth to prevent too much bleeding.
- Cord clamping is delayed for 30-60 seconds.
- You may choose someone to cut or shorten the umbilical cord.
- Skin-to-skin contact is good for mom and baby at birth. Plan to have skin-to-skin care through the first feeding and at least one hour.
- During this skin-to-skin time, we will wait to do routine procedures such as newborn weight and length. Newborn checks can be done while your baby is skin-to-skin with you.
- UM Health-Sparrow is a “Baby Friendly Hospital,” meaning that breastfeeding is supported and we will help you to meet your breastfeeding goals. All of our Nurses have training in breastfeeding, and lactation consultants are here to help with special cases.
- A vitamin K shot and erythromycin eye ointment are given to babies shortly after birth. Vitamin K is needed for blood to clot. Babies are born with very little Vitamin K. Erythromycin is an antibiotic given to prevent eye infection at birth.



What to expect after your baby is born

- You will stay on Labor & Delivery for about two hours after your baby is born. At that time we will move you to a different room where you will stay until you go home.
- Your baby will room-in with you, meaning your baby will stay with you in your room around the clock. Rooming-in supports bonding and breastfeeding during your hospital stay.
- We will give your baby his or her first dose of the Hepatitis B vaccine before going home.
- If your baby is a boy, let your nurse or provider know if you want to have him circumcised or if you have questions about circumcision.
- Plan to have one support person stay with you and your baby at night and during quiet time from 1-3 p.m. Other family and friends are welcome at any other time.
- You will review discharge instructions on a tablet at your bedside. We want you to ask questions so that you feel ready to care for yourself and your baby at home.
- Most moms and babies go home one to two days after a vaginal birth, and two to three days after a C-section.
- Make a follow-up appointment for yourself with your OB provider in one to six weeks. Your provider will let you know when they want to see you in the office.
- You will also make an appointment for your baby with a pediatrician or family doctor within one to three days after you go home.





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