



## Labor Partnership with the Alliance Care Team

*Alliance's goal is for every woman to have a healthy birth. While low-risk women will need minimal intervention, women with certain medical conditions may need procedures to improve safety and ensure a healthy birth. The Alliance birth plan is to have a healthy baby and a healthy mom with the least amount of intervention as possible.*

*We believe in shared decision making. At the time of an intervention, your Alliance Care Team will counsel you and help you make informed medical decisions. While we cannot plan how your birth process will go, we want you to be aware of our standard of care at Sparrow.*

### **Before Admission**

- Come to OB Triage for bleeding, if you think your water has broken or you think you are in active labor.
- Labor at home during the early phases of labor. Our goal is to admit you when you are in active labor (more than 4 cm).
- Be aware that we may discharge you from OB Triage to labor longer at home before admission to the hospital.

### **Labor Preferences**

- You may bring items that will make the LD room comfortable for you (music, aromatherapy, specific pillow).
- Sparrow has birthing balls, peanut balls, laboring bars and showers (no tubs).
- It is helpful to walk around and labor in different positions. We have wireless fetal monitors and some low risk women will not need continuous fetal monitoring.
- All admitted patients get an IV site in the event certain medications (Pitocin, epidural, antibiotics) become necessary.
- Sparrow requests you limit your visitors to 3 people in the LD room. There is a waiting room available near OB Triage for additional visitors.

### **Labor Coping**

- You and your support person should learn some coping tools prior to admission (birthing class, breathing techniques etc.).
- Our Alliance Care Team and LD nurses will be there to support you during the process and offer suggestions to help with your coping.
- IV pain medications and epidurals are available to you. We do not have nitrous oxide.

### **Birth preferences**

- We will help you to find pushing positions that are comfortable for you. Most women will use a variety of these positions.
- A mirror is available to help you with your pushing efforts if you would like to use one.
- We will use a combination of mineral oil, massage techniques and warm compresses to help prevent tearing during delivery.
- We do not routinely perform an episiotomy. We do not routinely perform vacuum or forceps delivery. If your Alliance Care Team thinks you would benefit from these interventions, we will have a shared discussion before anything is performed.

### **After Delivery Preferences**

- We encourage immediate skin-to-skin contact between mother and newborn.
- We practice delayed cord clamping as recommended by pediatricians (30-60 seconds).
- We recommend Pitocin following delivery to prevent bleeding.
- Sparrow is a "Baby Friendly Hospital" meaning that breast feeding is supported. All Mother Baby nurses have additional training in breast feeding and lactation consultants are available for special cases.
- Sparrow does not have a newborn nursery. Your baby will be in the same room with you during your stay. Plan to have a support person stay with you to help care for baby and allow you some rest.
- If you choose circumcision for your newborn boy, your pediatrician will discuss the procedure with you.

*This is the standard of care for your Alliance Care Team. Please discuss any additional preferences, concerns about labor and birth, specific fears, or other information that will help us provide the best possible care to meet your needs.*