



## Labor Partnership with the Alliance Care Team

*The Alliance birth plan is to have a healthy baby and delivery with the least amount of intervention as possible. We believe in shared decision making. If an intervention is necessary, 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 the Alliance standard of care at Sparrow.*

### **Before Admission**

- Come to OB Triage for bleeding, if you think your water has broken or 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. We may recommend being discharged home from OB Triage to labor longer at home.

### **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 receive an IV site in the event certain medications (Pitocin, epidural, antibiotics) become necessary.
- Visitors may be limited – see Sparrow website for current restrictions.

### **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.
- Nitrous oxide, IV pain medications and epidurals are available to you for pain control.

### **Birth Preferences**

- We will help you to find pushing positions that are comfortable for you. Most people 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 may 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.

### **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 as 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.
- Your pediatrician will recommend the following medications shortly following delivery:
  - Vitamin K injection to promote normal clotting function.
  - Erythromycin eye ointment to prevent serious eye infections.
- Your pediatrician will recommend Hepatitis B vaccination within the first 12 hours of life.

*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.*

Updated 06/2023 EJT