

## Comfort Measures During Labor and the Birthing Experience

### Prior to Your Hospital Stay

As you begin and progress through the labor process, it is normal to have some discomfort. While you are in the hospital, your care team will take steps to help minimize your discomfort. It is important to do the following in the weeks prior to your due date:

#### Practice Labor “Comfort Measures”

These include breathing exercises, positions and other methods to help you relax.

#### Arrange for a Support Person

This may be your husband, your partner, a friend or a family member who will be with you during labor and can:

- Offer comfort.
- Encourage you with breathing and relaxation techniques.

#### Be Well Rested

Get as much rest as you can. This will help ease the stress of labor.

### Triage- Floor 1

#### What to Expect

- When you arrive, your care team will assess you and your baby.
- Once your assessment is completed, you may:
  - Be moved to Labor and Delivery on Floor 8.
  - Stay in Triage for further assessment.
  - Be sent home until your labor progresses further.

#### Comfort Measures

- Helpful methods may include:
  - Breathing exercises
  - Warm compresses
  - Use of a birthing ball
  - Walking

- Most patients will require an IV to be placed. Depending on your plan of care and personal preferences, an IV can be used for pain medication and preparation for an epidural. IV placement may be uncomfortable, so please discuss your concerns with our care team.
- Please know that epidurals are not given in Triage for the safety of our patients.

## **Labor and Delivery- Floor 8**

### What to Expect

- Your care team will orient you to Labor and Delivery and discuss your expectations for your birthing experience.
- If needed, your care team will discuss options to help your labor progress.

### Comfort Measures

- Methods to relieve pain may include warm compresses, ice packs and showers.
- Depending on your care plan and personal preferences, IV pain medication or an epidural can be ordered by your provider.
- After you deliver, pain medication will be offered.

## **Postpartum- Floors 11, 12 or 13**

### What to Expect

- Your nurse will review with you what to expect during the remainder of your hospital stay.
- You may have pain in the vaginal area or at the site of your C-section incision.
- Breast feeding may cause nipple tenderness and uterine contractions.
- Walking and movement can be painful but helpful in the healing process.

### Comfort Measures

- Methods to relieve pain include, but are not limited to, medication, warm compresses, ice packs, nipple cream and abdominal binders.
- Pain medication will be offered on a routine basis and can be requested as needed.

### Preparing for Home

- Before you go home, talk with your nurse about your provider's plan for at-home comfort measures.
- Complete discharge instructions for you and your baby will be provided.