



PREPARING FOR DELIVERY

THE TIME IS FINALLY HERE!

Getting ready for your hospital visit can make it less stressful when the time actually comes to deliver your baby, and allow you to focus more on your experience.

What are some things to be

aware of before you deliver?

- ◇ Know when to go to the hospital. Talk with your doctor about what the signs of labor are.
- ◇ Make sure you are pre-registered at the hospital where you plan to give birth. Most SWO women give birth at the Coteau Hospital, since IHS only has prenatal clinics available. Some women choose to deliver in Sioux Falls, since this hospital has access to emergency care.
- ◇ Apply for Medicaid or make sure you have private insurance to pay for delivery services. Marsha Renville (605-698-7606), the SWO Benefits Coordinator, can help you through the Medicaid

process.

- ◇ Come up with a birth plan with your partner, family members, nurse, and doctor. Your nurse or doctor can help you think through relevant questions, like if you want an epidural for labor pain or when you would opt for a C-section.
- ◇ Know the daytime and nighttime phone numbers for both your health care provider's office and the labor and delivery unit.
- ◇ Arrange for transportation to the hospital. Let your friends and family know of your due date, and ask if they would be able to transport you during this time.

Inquire at the Maternal Child Health program (MCH) to see if they still offer transportation.

- ◇ Know where to go when you get to the hospital, and, if needed, find out the location of the after-hours entrance.
- ◇ Have arrangements made if you plan to donate your cord blood.

What do Coteau's labor and delivery rooms look like?





SIGNS OF LABOR

Regular contractions usually mean you are beginning labor.

Contact your doctor if:

- ◇ You think you may be

*Call your doctor
if something
doesn't feel right.
Trust your
intuition.*

experiencing pre-term labor

- ◇ Your contractions are very strong or painful
- ◇ Your contractions are 5-10 minutes apart
- ◇ Your water breaks, especially if the fluid is stained dark, greenish brown
- ◇ You experience vaginal bleeding
- ◇ You cannot walk or talk during contractions
- ◇ You experience vaginal bleeding

How can you tell if you're experiencing false labor?

False labor, known as Braxton Hicks contractions, will feel different from actual labor. If you've never experienced labor before, talk with your doctor, family, and friends about what labor feels like. Braxton Hicks contractions usually:

- ◇ Are irregular
- ◇ Stop if you move around or on their own
- ◇ Don't get stronger or closer together over time

COMING PREPARED

What should you pack for the hospital?

- ◇ Medical coverage information

- ◇ Gift for sibling(s) from the baby
- ◇ Support or nursing bra and breast pads
- ◇ Socks and slippers
- ◇ Lip balm
- ◇ Snacks for labor partner
- ◇ Music CDs that you would like to listen to during labor
- ◇ Loose fitting clothes to wear home
- ◇ Toothbrush, toothpaste, and hairbrush or comb

- ◇ Telephone numbers of family and friends
- ◇ Infant sleeper with legs (sacs or kimonos won't fit in the car seat), or T-shirt and a diaper for baby to wear home
- ◇ Baby blanket or quilt
- ◇ Infant car seat, which is often provided for free by SWO Community Health Education
- ◇ Camera