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| **START HERE**  You are approaching your due date. You are feeling well, and all checks indicate that your baby is fine.  **Roll the die**   * **If you get 1, 3 or 5, go to Q (17)** * **If you get 2, 4 or 6, see below…**   Your midwife offers you a stretch and sweep at your next appointment.  **What do you choose?**   * **If yes, go to A** * **If no, go to B** |
| **A**  You have a stretch and sweep.  **Roll the die**   * **If you get 1, go to D (4)** * **If you get 2, 3, 4, 5 or 6, go to C (3)** |
| **B**  You decide to wait for your baby to come when he/she is ready unless something indicates that there is a problem.  At 41w+3, your caregiver says it would be safer for your baby to be born sooner rather than later and suggests a sweep now or chemical induction tomorrow.  **What do you decide to do?**   * **Have a sweep, go to E (5)** * **Accept prostaglandin induction, go to J** * **Wait and be monitored, go to K** |
| **C (3)**  The sweep was uncomfortable and caused some niggly contractions, but you still aren’t in labour after 2 days.  Your caregiver offers another sweep tomorrow.  **What do you choose?**   * **If yes to another sweep, go to E (5)** * **If no, go to B (2)** |
| **D (4)**  The sweep was uncomfortable and caused some bleeding. Contractions start about 6 hours later**.**  **Roll the die**   * **If you get 1 or 2, go to F (6)** * **If you get 3, 4, 5 or 6, go to G (7)** |
| **E (5)**  The sweep was uncomfortable and caused some bleeding. Infrequent contractions begin at once.  **Roll the die**   * **If you get 1 or 2, go to F (6)** * **If you get 3, 4, 5 or 6, go to G (7)** |
| **F (6)**  Labour progresses well, you choose natural pain relief (e.g. not epidural or opioids) and have intermittent monitoring. Your baby is born vaginally with no complications 11 hours later.  C:\Users\Lucy Pedder\AppData\Local\Microsoft\Windows\INetCache\IE\K98KGRNV\babyhappy[1].png**Congratulations!** |
| **G (7)**  After 4 hours the midwife asks for consent to perform a vaginal examination (VE).  **What do you choose?**   * **If yes to a VE, go to H** * **If no, go to I** |
| **H (8)**  The midwife performs a vaginal examination and you are 3cm dilated.  She offers to break the waters to speed things along.  **What do you decide?**   * **If yes, go to L (12)** * **If no, go to M (13)** |
| **I (9)**  Labour is progressing slowly. After 2 further hours, your midwife requests permission to perform a vaginal exam to assess progress.  **What do you choose?**   * **If yes, go to H (8)** * **If no, go to N (14)** |
| **J (10)**  You are given the prostaglandin gel.  6 hours pass.  **Roll a die**   * **If you get 1, 2 or 3, go to O (15)** * **If you get 4, 5 or 6, go to M (13)** |
| **K (11)**  You go to the hospital for twice weekly monitoring of the baby’s heartbeat and amniotic fluid.  **Roll the die**   * **If you get 1, 2, 3, 4 go to Q (17)** * **If you get 5 or 6, go to R (18)** |
| **L (12)**  You have your waters broken.  **Roll the die**   * **If you get 1 or 2, go to S (19)** * **If you get 3, 4, 5, 6 go to T (20)** |
| **M (13)**  Your labour progresses and after a few hours, you begin second stage.  **Roll the die**   * **If you get a 1 or 2, go to U (21)** * **If you get a 3, 4, 5, or 6, go to V (22)** |
| **N (14)**  Labour continues to progress slowly. You are exhausted and decide that you require additional pain management.  **What do you choose?**   * **If you choose opioids, go to W (23)** * **If you chose epidural, go to X (24)** * **If you decide to use natural pain relief (gas and air, UFO and movement, massage etc), go to M (13)** |
| **O (15)**  There has been little progress with the prostaglandin. You have another dose. After a couple of hours contractions start slowly.  **Roll the die**   * **If you get a 1 or 2, go to F (6)** * **If you get a 3 or 4, go to I (9)** * **If you get a 5 or 6, go to T (20)** |
| **P (16)**  Contractions stop. All is well, but the prostaglandin hasn’t worked for you. Your caregiver offers a caesarean or you can go home and come back for another try in a couple of days.  **What do you choose?**   * **If you choose to come back another day, go to J. (10)** * C:\Users\Lucy Pedder\AppData\Local\Microsoft\Windows\INetCache\IE\K98KGRNV\babyhappy[1].png**If you choose caesarean, your baby is born later that day.**   **Congratulations!** |
| **Q (17)**  All is well with you and your baby. Labour starts spontaneously 3 days later, and your baby is born without complications.  C:\Users\Lucy Pedder\AppData\Local\Microsoft\Windows\INetCache\IE\K98KGRNV\babyhappy[1].png**Congratulations!** |
| **R (18)**  Your baby shows some signs of distress at the next check and your midwife tells you you’re your baby needs to be born soon.  **What do you decide?**   * **If you chose to wait, go to K. (11)** * **If you choose induction, go to J. (12)** * C:\Users\Lucy Pedder\AppData\Local\Microsoft\Windows\INetCache\IE\K98KGRNV\babyhappy[1].png**If you choose caesarean, your baby is born later that day.**     **Congratulations!** |
| **S (19)**  Contractions become more intense and you start to feel panicky and unable to cope. You ask your caregiver to tell you about your pain management options.  **What do you decide?**   * **If you opt for an epidural, go to X (24)** * **If you choose opioids, go to Y (25)** * **If you decide to use natural pain relief (gas and air, UFO and movement, massage etc), go to M (13)** |
| **T (20)**  Contractions are still sporadic, and your caregiver recommends a syntocinon drip to speed things along. You are concerned about intense contractions and request additional pain relief. Continuous foetal monitoring (CFM) of the baby’s heartbeat is standard procedure.  **What do you choose?**   * **If you opt for opioids and CFM, go to Y (25)** * **If you opt for opioids and intermittent monitoring, go to W (23)** * **If you opt for an epidural, go to X (24)** |
| **U (21)**  After pushing for more than 2 hours, you and your caregiver decide you need some assistance.  **Roll the die**   * **If you get a 1, 2 or 3, your baby is born by ventouse.** * C:\Users\Lucy Pedder\AppData\Local\Microsoft\Windows\INetCache\IE\K98KGRNV\babyhappy[1].png**If you get a 4, your baby is born by forceps.** * **If you get a 5 or 6, your baby is born by caesarean.**   **Congratulations!** |
| **V (22)**  Your baby is born vaginally after a 1 hour second stage.  **Congratulations!**  C:\Users\Lucy Pedder\AppData\Local\Microsoft\Windows\INetCache\IE\K98KGRNV\babyhappy[1].png |
| **W (23)**  You relax with the opioid. Labour progresses well, and your baby is born vaginally with no complications 5 hours later.  C:\Users\Lucy Pedder\AppData\Local\Microsoft\Windows\INetCache\IE\K98KGRNV\babyhappy[1].png**Congratulations!** |
| **X (24)**  You relax with the epidural and labour progresses. After 3 hours, you are ready to push.  **Roll the die.**   * **If you get a 1 or 2, your baby is born vaginally with no complications 2 hours later.** * C:\Users\Lucy Pedder\AppData\Local\Microsoft\Windows\INetCache\IE\K98KGRNV\babyhappy[1].png**If you get a 3 or 4, your baby is born with ventouse or forceps.** * **If you get a 5 or 6, your baby is born by caesarean.**   **Congratulations!** |
| **Y (25)**  Continuous Foetal Monitoring means you are unable to remain mobile.  **Roll the die**   * **If you get a 1, 2 or 3, go to M (13)** * **If you get a 4, 5 or 6, go to Z (25)** |
| **Z (26)**  The monitor suggests that the baby may not be tolerating the labour so well. A caesarean is indicated. Your baby is born by caesarean about an hour later.  **Congratulations!**  C:\Users\Lucy Pedder\AppData\Local\Microsoft\Windows\INetCache\IE\K98KGRNV\babyhappy[1].png |