Choices in childbirth
**BIRTH PREFERENCES**

Thank you for choosing Cedars-Sinai! We look forward to birthing with you. We believe that pregnancy and birth are natural experiences that are different for each woman and her family. We honor all families and respect your birth choices. We will share information with you, answer your questions and then make decisions together. When making choices, it is important to know what "evidence shows." Evidence-based is the most up-to-date support from research that helps parents and caregivers make informed choices.

Here are important things you should know:

**EVIDENCE SHOWS THAT:**

When there are no problems in pregnancy or during labor, a vaginal birth is the safest way to have a baby.

- The hospital stay is shorter and recovery is quicker.
- There are less breathing problems for the baby.
- There is less blood loss from mom.
- There is less risk of infection.
- There are less breathing problems for the baby.
- The hospital stay is shorter and recovery is quicker.

If you are considering labor and birth by cesarean, you will also need an IV. There are different kinds of epidurals.

- A "standard labor epidural" offers more comfort.
- A "walking epidural" allows you to move more during delivery.
- Using a tub or shower

Mothers with a good support team and different comfort options can cope better with labor. We welcome your support team (partner, doula, friend and family), and look forward to working together. Comfort options include:

- Your favorite music
- Scented oils for massage
- Aromatherapy
- Peaceful, dimly lit room

We also offer a portable monitor that allows you to move more during labor. You and your doctor/midwife should talk about which method is best for you.

**Labor progresses better when you drink enough fluids and are well-nourished.** We will offer you clear liquids to help you keep your energy up. You are also welcome to bring your own drinks as long as you can see through them.

- Medications help relieve discomfort. Medications can be given through an IV
- We will give you the IV fluids you need to keep your body well hydrated and nourished.
- We also offer a portable monitor that allows you to move more during labor.
- You and your doctor/midwife should talk about which method is best for you.

In a healthy mother and baby:

- We can check your baby's wellbeing with a hand-held tool as needed.
- Or with a fetal monitor that stays on your belly during labor.

We also offer a portable monitor that allows you to move more during delivery. You and your doctor/midwife should talk about which method is best for you.

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