

# Woman's Labor & Delivery Comfort Menu

Your comfort during labor is important to us. We hope this menu will help you better understand your pain relief options. Please discuss your pain control goals and comfort options with your doctor and nurse. We encourage you to involve your support person to help you with comfort actions during labor. If you need additional items or have any questions, please ask. **Thank you for choosing us.**



## BRING FROM HOME

- Deodorant
- Comb/brush
- Your toothbrush/toothpaste
- Music/prepare a playlist
- Headphones
- Laptop or tablet
- Books/magazines
- Board games or playing cards
- Extra pillow
- Device chargers
- Glasses/contact lenses
- Change of clothes
- Emergency contact list



## COMFORT ITEMS

- Warm compress
- Warm blankets
- Ice pack
- Extra pillow for positioning
- Fan
- Disposable mesh underwear
- Non-skid socks
- Eye mask



## COMFORT ACTIONS

- Walking in the hall
- Bed repositioning
- Gentle stretching (yoga mat)
- Birthing ball
- Birthing stool
- Peanut ball
- Slow dance
- Shower/bath
- Sleep time
- Massage
- Counter pressure



## RELAXATION OPTIONS

- Stress ball
- Massage balls
- Visit from our chaplain
- Visit from a social worker
- Soothing music
- Guided imagery
- Quiet
- Change the lighting (*lights out, close the blinds*)
- Aromatherapy
- Virtual reality headset
- Slow deep breathing



## PERSONAL CARE ITEMS

- Lip balm
- Shampoo/conditioner
- Wash basin
- Mouth swab
- Lotion
- Tissue
- Hair ties



## ENTERTAINMENT OPTIONS

- Television
- Comfort channel
- Internet
- Notepad and pencil
- Puzzle books and coloring pages
- Music



## NUTRITION OPTIONS

- Water
- Juice
- Broth
- Ice
- Popsicles



## MEDICATION OPTIONS

If your comfort measures aren't relieving your pain, discuss medication options with your nurses.

- Oral
- IV
- Epidural