

Please call our Natural Birth Liaison
at 225-924-8530 to review your birth plan.



Natural Birthing Options

100 Woman's Way
Baton Rouge, LA 70817
225-927-1300
womans.org

 **Woman's** exceptional care, centered on you

Founded in 1968, Woman's is a nonprofit organization, governed by a board of community volunteers, providing medical care and services in order to improve the health of women and infants, including community education, research and outreach.



Support during labor, a highly personal decision.

From a nursing staff trained in various birthing methods and comfort management techniques to suites that can make a laboring woman feel more at home, Woman's is a place where you can confidently explore and plan how you would like to labor and deliver your babies.

Depend on Woman's for a broad range of classes and support networks that will help you understand what you will experience throughout pregnancy and childbirth. Learning more about what actually happens during birth will help you decide how you want to experience the birth of your child.

The happiest possible birthday. You will have access to a variety of amenities that can help raise comfort levels and give you a sense that you are in the best possible hands. Our nurses are trained to respond to the special needs of women who have chosen to have non-medicated births.

Each birthing suite has independent temperature and lighting controls as well as a labor tub and shower. The specialized labor tubs are available to you free of charge, which can be used in the later stages of labor with a physician's order to help relax your muscles and mind. Birthing balls, peanut balls, birthing stools and a birthing bar are also available. Think about bringing pictures, a music player and aromatherapy products that can help you stay calm and focus.

The decision whether or not to have a non-medicated birth is one of the most personal choices a woman will ever make. At Woman's, you can count on plenty of support and resources to guide you through this life-changing event.



Good communication is key. Discuss your hopes with your physician to make sure you both agree on how your labor and delivery will take place.

We hope you will meet with our **Natural Birth Liaison**, a certified childbirth educator, to review your birth plan and answer any questions that you may have prior to the big day. To schedule this appointment, please call **225-924-8530** or email **naturalbirth@womans.org**.

The following natural childbirth options are available for the low risk patient with physician approval:

- Ambulation during labor
- Use of a certified doula
- Tub labor/use of shower
- No routine IV required
- Light diet during labor
- Intermittent electronic fetal monitoring during labor
- Routine Pitocin after delivery not required