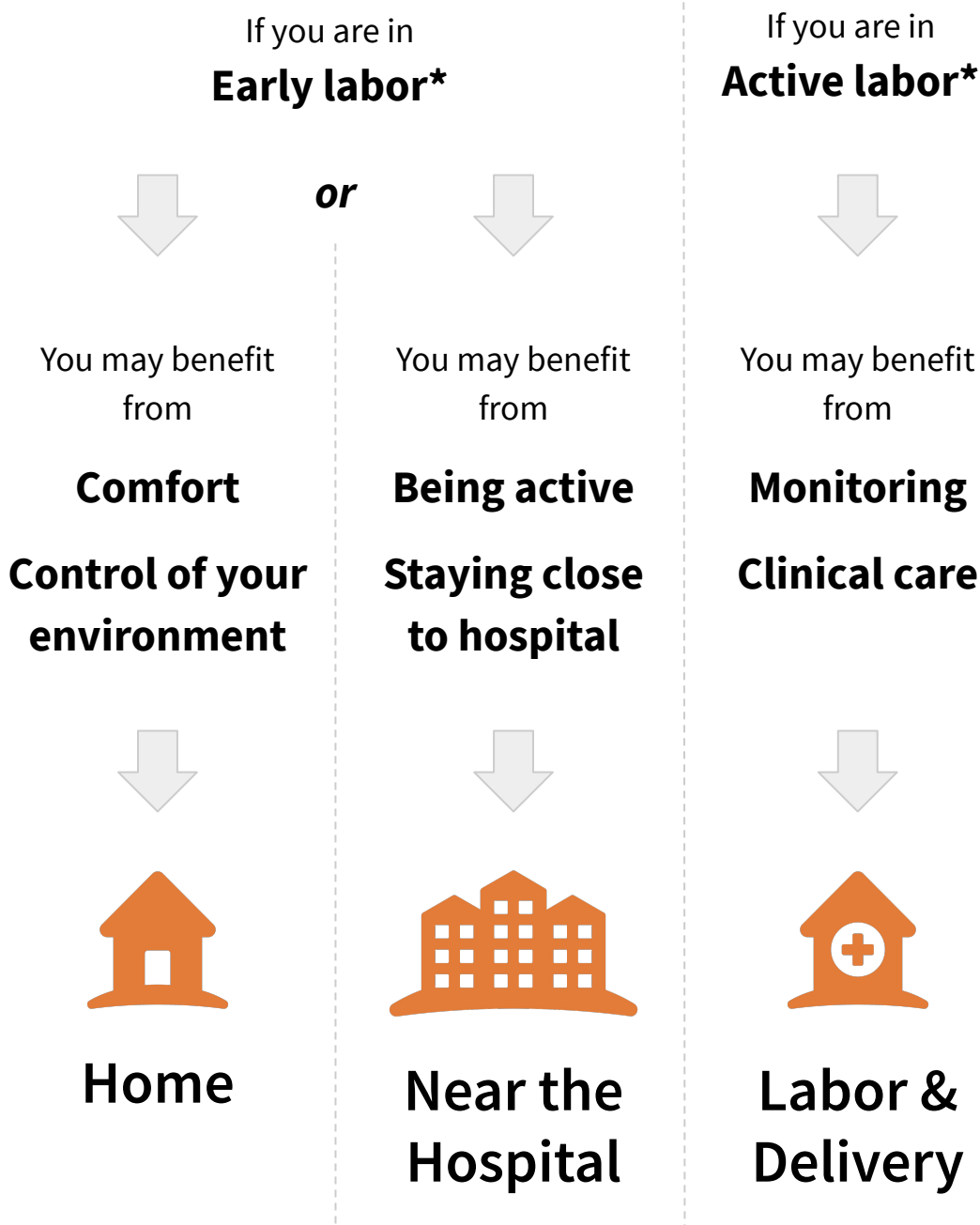


Admission Discussion Guide

Discuss the best next steps with your support person, your nurse, and your provider based on how you are doing, how your baby is doing, and how your labor is progressing.



DISCUSS WITH YOUR TEAM

How am I doing?
How is my **baby** doing?
Where am I in **labor**?

DISCUSS WITH YOUR TEAM

What are the **benefits and risks** of each option?

DISCUSS WITH YOUR TEAM

What can I do to be **more comfortable**?
Where can I go **nearby**?
What are my options for **labor support**?

* The American College of Obstetricians and Gynecologists (ACOG) defines labor as contractions that result in cervical change. Active labor typically begins at 4-6cm with accelerated cervical dilation