

Comfort Options for the Laboring Mother

Welcome to the Maternity Place at Samaritan

This Comfort Menu is designed to give you options for a rewarding labor experience.

Remember

- Making your labor as comfortable as possible does not mean no pain.
- Well controlled pain levels help you on your birth journey.
- There may be medical conditions that impact your options.
- Please discuss your comfort goals with us frequently, realizing your needs may change along the way.

For more information
samaritanhealth.com/maternity
315-785-4050

For more information about
Maternity and Labor & Delivery Services
at Samaritan Medical Center:

samaritanhealth.com/maternity
315-785-4050



samaritanhealth.com
315-785-4000



The Labor Coping Scale

From time to time your nurse will ask how you are coping with labor:



Coping. I'm fine, I don't need assistance.



Coping, but I could use some help.



Not Coping, I need help.

There are many pain relief options to choose from. Your nurse can help you decide.

It is normal to go back and forth between different comfort measures.



Depending on your individual plan of care, some Pain Control and Comfort Options may be ...

Comfort Actions

- Visualization, affirmation
- Back rubs, massage
- Controlled breathing methods
- Changing positions, walking
- Dimming lights and noise
- Adjusting temperature
- Emptying your bladder
- Rocking chair
- Birthing ball

Comfort Measures

- Ice chips
- Popsicles, water
- Honey
- Lemon Water
- Toothbrush and tooth paste

Diversion

- Television
- Music
- Books, cards, games, puzzles
(available in gift shop)

Your best 'comfort measure' will be your support people!



Relaxation Options

- Shower, bathtub, jet tub
- Cool cloths
- Focal point
- Blankets, pillows
- Quiet time
- Music
- Aromatherapy

Medication & Anesthesia

Medication and anesthesia services such as epidurals and interthecals are based upon your request and your provider's recommendations, as well as the medical condition of you and your baby.



Ask your nurse and provider for more information.

There may be medical conditions that impact your pain control and comfort options.

Why is Labor Uncomfortable?

The Philosopher says: Labor is 'pain with a purpose', for only contractions would make a woman stop her daily routine and prepare to birth her child.

The Scientist says: Hormones are released that cause uterine contractions. This pulls, thins and opens the cervix.

It can be difficult to separate all the sensations - pressure, pulling, and pain. The important thing to remember is that the discomfort doesn't mean something is wrong, rather that your body is doing just what it needs to birth your baby.