



Preparing for Childbirth

Class Agenda

Understanding the Stages of Labor

- Signs labor is near
- Timing contractions / When to call or come in

First labor, call when contractions:

- ✓ Are every 3 to 5 minutes or more frequent for 1 to 2 hours
- ✓ Last 45 to 60 seconds
- ✓ Make walking or talking through them difficult

If not your first labor, call when contractions:

- ✓ Are every 5 to 7 minutes apart
- ✓ Last 45 to 60 seconds and
- ✓ Are stronger when walking

Managing Discomfort

- Movement
- Breathing
- Relaxation techniques

Medical Interventions

- B.R.A.I.N
- Birth Plan / Birth Preferences
- Cesarean Birth

What to Expect at the Hospital

Labor and Delivery Departments

- South Sacramento
916-688-6667

Health Education Department

Classes and resources

- South Sacramento
916-688-2428

Online Hospital Tours

kp.org/mydoctor/pregnancy

Online Baby & Me Group

- Every Thursday
- 9:30 a.m. to 11:00 a.m.

Call for log-in link: 916-688-2754



Your Pregnancy

WE'RE HERE FOR YOU EVERY STEP OF THE WAY

Your childbirth with us

As you approach your due date, you may be wondering what to expect on the special day your baby arrives. We're here to help you think about the options you may have during labor, and the exciting moments after your baby is born.

Please bring this completed form to your next prenatal visit. A nurse will also ask about your preferences at the hospital. Throughout your stay, your care team will work with you to make your childbirth experience as close to what you want as possible—while keeping the health of you and your baby our top priority.

Our philosophy

We respect every woman's individuality and preferences. We'll:

- Follow your preferences for coping with labor and feeding your baby.
- Let you know ahead of time if a doctor, nurse, or midwife in training may be involved in your care.
- Assist in managing visitors throughout your stay.

Comfort and safety

To ensure a healthy delivery, we'll:

- Assist you with birthing positions to help labor progress.
- Give you an IV for fluids and medicine. We can cap off your IV so you can move around when needed.
- Encourage you to eat light meals in early labor and drink clear fluids to stay hydrated.
- Check your baby's heartbeat with a fetal monitor.
- Not perform unnecessary enemas, shaves, or episiotomies.

Bonding and feeding

Skin-to-skin contact with your baby during the first hour after birth helps your newborn transition to the outside world and begin feeding.

Only you can decide how you want to feed your baby. If you plan to breastfeed:

- We recommend breastfeeding exclusively (no bottle feeding) while your baby is learning to latch.
- We will provide the information and support you need.

Protecting your baby

To get a healthy start, we give your baby 2 shots:

- Vitamin K to prevent bleeding. Babies are born with low levels of vitamin K, so they need this shot to help their blood clot normally.
- Hepatitis B vaccine as recommend by the Centers for Disease Control and Prevention (CDC).

Cesarean birth (C-section)

Our goal for every woman is to have a healthy birth. If a C-section is necessary, we'll continue to consider your preferences as much as possible throughout your care with us.

The more you know, the better you'll feel

Learn more about childbirth and what to bring to the hospital by visiting kpdoc.org/laborpain and kpdoc.org/childbirthkit.

Your health is as important as your baby's. Find tips on self-care after childbirth by visiting kpdoc.org/postpartumcare.

Your Pregnancy

WE'RE HERE FOR YOU EVERY STEP OF THE WAY

Name: _____

MR#: _____

Your childbirth preferences

Labor support

Let us know which loved ones you'd like to attend your birth and their relationship to you. List all that apply.

Primary support person: _____

Others you want to attend: _____

Others you **don't** want to attend: _____

If possible, I'd like the cord cut by: _____

Delivery room environment

Which options will make you most comfortable during and after labor? Check all that apply.

- ☐ Staff asks me before allowing visitors.
- ☐ Lights dimmed.
- ☐ Music played on a device that I'll bring.

Coping with labor

What is your preferred method of coping with labor discomfort? Please note that some options, such as TENS, nitrous oxide, and hydrotherapy, vary by facility. Check all that apply.

- ☐ I plan to use pain medicine and/or an epidural.
- ☐ I plan to use natural methods, such as walking and breathing techniques.
- ☐ I don't want to be offered pain medicine even if I seem uncomfortable. I will ask for it if I need it.
- ☐ I'll decide during labor.

Feeding preferences and history

Check all that apply.

- ☐ I plan to breastfeed my baby.
- ☐ I plan to feed my baby with formula.
- ☐ I'm unsure how I plan to feed my baby. I'll see how it goes.
- ☐ I've had problems breastfeeding in the past.

Circumcision

If I have a boy, I'd like him to be circumcised at Kaiser Permanente. ☐ Yes ☐ No ☐ Not sure

Childbirth experience

Please list any concerns or fears about childbirth or your hospital stay that your care team should be aware of:

Is there anything else your caregivers should know to help create the experience that you'd like?

Cultural and family traditions

List any traditions you will observe while in the hospital and what we can do to support you:

Other comments or preferences

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.

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00900-062 (Revised 8/17) RL 6.6



Pregnancy and Postpartum Resources

Marin/Sonoma

Prenatal

kp.org/mydoctor/pregnancy

- Sign up for the *Your Pregnancy* and *Healthy Babies* Online Newsletters
- View the Labor and Delivery virtual tours
- View the prenatal testing online program
- Prepare for the birth of your child by watching an Emmi program. Topics include:
 - ✓ Exercise and Diet in Pregnancy
 - ✓ Pregnancy and Depression
 - ✓ Gestational Diabetes
 - ✓ Breastfeeding
 - ✓ Childbirth
 - ✓ C-Section
 - ✓ Having Your Baby, What to Expect
 - ✓ Medication for Pain Mgmt During Labor
 - ✓ Vaginal Birth after C-Section (VBAC)

kp.org/espanol – Content in Spanish

kp.org/listen – Listen to healthy pregnancy and successful childbirth podcasts

Follow us on Twitter

@KPpregnancydoc
@KPkiddoc

Car Seat Safety Check: 800-427-8982

Kaiser Permanente Labor and Delivery Departments

South Sacramento : 916-688-6667

Postpartum

Kaiser Permanente Baby and Me Group

Meet new moms, share and learn, get breastfeeding support, weigh your baby.

Every Thursday, 9:30am -11:00 a.m.

Call 916-688-2754 for location or link

Group currently meeting online

Kaiser Breastfeeding Support

The Breastfeeding Advice Line

is (916)688-6676, 7 days a week, 9-5

Newborn Services (By appointment only) with a Pediatrician and Lactation Consultant, call (916) 688-6800.

Blog by Kaiser Permanente Pediatricians

www.KPthrivingfamilies.org

kp.org/actforfamily – Manage your child's healthcare online

Community Breastfeeding Support

La Leche League:

Sacramento : (916) 442-5920

WIC:

Sacramento: (916) 326-5830

www.dhhs.saccounty.net/PRI/WIC/Pages/Women-Infant-s-and-Children-Home.aspx



Baby and Me on Zoom: Every Wednesday at 12-1:30 PM

Discussion topics include infant behavior, caring for yourself, responding to your infant's cues, breastfeeding, and more. The groups meet weekly on a drop-in basis, and there is no fee. This group is for KP members only.

See the reverse for testimonials from moms like you.



Join by using the QR code or go to the last page to click on the hyperlink to gain access to the group.

Resources:

Before and after the birth of your baby



Important Phone Numbers:

| | |
|---|-------------------|
| Labor and Delivery – | (916) 688-6667 |
| Breast pump eligibility – | 1-833-752-4737 #2 |
| https://breastpumps.byramhealthcare.com to order pump | |
| Health Education Dept- | (916) 688-2428 |
| Ob/Gyn Advice – | (916) 688-2055 |
| OB/Gyn Social Worker – | (916) 688-2317 |
| Early Start Specialist – | (916) 688-6342 |
| Admissions Office – | (916) 688-2522 |

Pediatrics:

| | |
|-------------------------|----------------|
| Elk Grove Pediatrics– | (916) 478-5200 |
| Pediatric Advice Line-- | 1-866-454-8855 |

Pregnancy Resources:

KP Pregnancy Member website

www.kp.org/mydoctor/pregnancy

- Weekly Pregnancy Updates
- Online Tour of Labor and Delivery
- Watch videos

Doulas

<https://www.dona.org/what-is-a-doula/find-a-doula/>

Or <http://www.capitalcitydoulas.com/>

WIC

<http://www.dhhs.sacounty.net/PR1/WIC/Pages/Women-Infants-and-Children-Home.aspx>

American Academy of Pediatrics (AAP)

www.AAP.org

Postpartum Anxiety/Postpartum Depression Support

- Contact your KP provider to register

Kaiser Permanente South Sacramento is prepared to help you with your breastfeeding goals by providing the following resources:

Breastfeeding Classes, sign up for a Breastfeeding or Newborn Care class by calling (916) 688-2754.

In the Hospital, our specially trained nurses and lactation consultants will help you with breastfeeding.

Newborn Services (By appointment only) with a Pediatrician and Lactation Consultant, call (916) 688-6800.

Breastfeeding Appointments and Advice

With a Lactation Consultant by appointment only, call (916) 688-6800 for general breastfeeding advice or to make an appointment. Call (916) 688-6676 to speak with a lactation consultant during office hours.

Breastfeeding Supplies and Rentals

Monday - Friday, 8:30am to noon and 1pm - 4:30pm

For pump rental and sales information, call (916) 6882754. Closed holidays.

Baby and Me

Join our weekly virtual support group to meet other moms and discuss the joys and challenges of newborns. This group is facilitated by a Certified Lactation Educator.

Thursdays, 9:30am -11:00am. No group on Holidays.
Starting March 1, 2023, Group will be Every Wednesday from 12-1:30 PM.



When to call Labor & Delivery before 37 weeks

Signs of preterm labor

- Menstrual like cramps. Usually discomfort occurs in the lower abdomen just above the pubic bone. It may come and go or be constant.
- Low, dull backache, below the waist. May come and go in a regular pattern or be constant.
- Pelvic pressure or pain in the lower abdomen back or thighs. Usually occurs in a pattern.
- Intestinal cramping with or without diarrhea.
- Spotting or increase/change in vaginal discharge. May increase to heavy, watery or light discharge.
- Uterine contractions, fifteen minutes apart or less. May be painless.

What should you do?

Warning signs may be subtle and difficult to recognize.

- Empty your bladder, then drink 3 to 4 glasses of water.
- Lie on your left side and place your hand on top of your uterus.
- Feel for any contractions and record for one full hour.

If you have more than 4 contractions per hour and symptoms of preterm labor are lasting more than one hour or you have spotting or leaking fluid from your vagina, do not wait for the signs to go away. Waiting to call for help could result in the preterm birth of your baby. Contact labor and delivery at (916) 688-6667 (MOMS).

Signs of preeclampsia

- Sudden weight gain (2 pounds or more in one week)
- Blurred or spotted vision
- Swollen, puffy hands or face
- Dull, throbbing headache that won't go away
- Severe nausea or vomiting
- Difficulty breathing

Signs of infection and other reasons to call

- Fever of 100.4° or higher
- Burning or pain when you urinate
- Hot pain in calf muscle
- Blister or sore in your vagina



When to Come to the Hospital After 37 weeks

Please call labor and delivery before coming to the hospital:
South Sacramento Labor and Delivery Department (916) 688-6667
(MOMS)

Come to the hospital if:

- You are a first time mom and your contractions are 3 to 5 minutes apart and lasting 1 minute for 2 hours.
- You have previously labored and your contractions are 6 to 7 minutes apart for 1 hour.
- Your water breaks. It may be a small steady leak or a large gush of fluid.
- You are bleeding heavily, like a menstrual period or heavier. Spotting is normal.
- Your baby is not moving as much as normal or you feel less than 10 movements in 2 hours.
 - To do Kick Counts: eat a meal or drink some juice, lie down on your left side and concentrate on your baby. Count the number of movements over 2 hours.
- You have a sudden onset of severe, constant abdominal pain.

Signs of preeclampsia (call Labor and Delivery):

- Sudden weight gain (2 pounds or more in one week)
- Blurred or spotted vision
- Swollen, puffy hands or face
- Dull, throbbing headache that won't go away
- Severe nausea or vomiting
- Difficulty breathing

Recommendations vary, depending on:

- how far away from the hospital you live
- whether or not this is your first child
- how long your previous labors have been
- whether or not your practitioner anticipates any problems

In general, mothers are instructed to come in when they are in active labor.

What to Bring to the Hospital



Packing for labor

- Kaiser Membership Card
- Tennis ball (for back pressure)
- Birthing ball
- Fan (battery operated or hand held)
- CDs/CD player/MP3/batteries
- Aromatherapy oils/lotion for massage
- Back massager
- Classroom book and handouts
- USB cable for TV
- Pillows from home
- Camera/video recorder
- Healthy drinks for mom's hydration
- Socks
- Hair tie for long hair
- Lip balm
- Focal point(s)
- Eyeglasses or contact lens case
- Robe and slippers
- Magazine/book/deck of cards

For the support team

- Cell Phone
- Snacks (nutrition bars/sandwiches/nuts/smoothies, hydration drinks etc.)
- Money for cafeteria (dollar bills/coins for vending)
- Bathing suit
- Magazine/book
- Jacket/sweatshirt
- Toiletry items/change of clothes

Packing for after delivery

- Toiletry items (toothbrush, toothpaste, shampoo, deodorant, etc.)
- Nursing gowns or pajamas
- Going home clothes for mom and baby
 - Baby: dress baby the same as yourself plus one layer
 - Mom: loose fitting clothes
- Car seat for the baby

Supplies for the homecoming

- Digital rectal thermometer for baby
- Q-tips or cotton balls
- Vaseline® for circumcision care
- Menstrual pads (heavy, extra long)
- Pure lanolin cream for breastfeeding mothers (Lansinoh® or Purelan®)
- Diapers (an average of 10 per day)



Kegels

What are Kegel Exercises?

Kegel exercises are simple exercises done to strengthen your perineal muscles. The perineal muscles are the muscles in the area around the vagina and urinary opening that help to support the uterus, bladder and rectum.

Why are these Exercises Important?

The perineal muscles can become weakened by pregnancy, childbirth and age.

When the perineal muscles are weakened, you may notice any of the following problems:

- An uncomfortable feeling of pressure or heaviness
- Leaking of urine when laughing, coughing or doing exercises
- Bulging of the bladder into the vagina
- Dropping of the uterus into the vagina

How to do Kegel Exercises?

Firmly tighten the muscles around your vagina, as you would to stop urinating (peeing). Hold tightly for 8 to 10 seconds. Then slowly release the muscles and relax. Remember to keep breathing.

Repeat 10 - 25 times, 3 to 4 times daily. It helps if you associate it with something you do (ie, checking your email, waiting at stoplights etc.).

Benefits of having Strong Pelvic Floor Muscles

Before Childbirth: Helps support the weight of your baby on the pelvic floor, gives you more control during birth and decreases the risk of perineal tears.

After Childbirth: Reduces the likelihood of urinary incontinence, bladder or uterine prolapse and helps your perineum heal.

Kegel Counts

Keep track of your Kegels daily.

Use the **Kegel Count Record** below to keep track of your daily Kegels. Mark the number of Kegels you did each day in the squares below.

| M | T | W | Th | F | Sa | Su |
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Choosing Your Baby's Pediatrician



You can choose a personal Pediatrician for routine appointments and urgent problems. Usually, all children in your family will have the same Pediatrician. If you have not already registered as a member online, follow the instructions below to complete your registration before choosing your baby's Pediatrician.

To register

<http://www.kaiserpermanente.org>

At Member Sign: Log in if you are already registered
or go to "Register to get a user ID"

To select a Pediatrician

<http://kp.org/mydoctor>

Pediatrics Department

South Sacramento (916) 688-6800

Elk grove (916) 478-5200



Labor, Delivery, Postpartum

What to expect

Thank you for choosing South Sacramento for your delivery!

Reminders for your family

- Check your insurance coverage
- Pre-Admit by calling (916) 688-2522
- Add baby to insurance after birth
- Paternity Declaration
- FMLA: Family Medical Leave
- Family Bonding Act
- Sign up for your other classes

When to Come in

Please call (916) 688-6667 (MOMS) before coming in.

- A gush or trickle of fluid from your vagina
- Contractions are 3-5 minutes apart, lasting 1 minute and have been that way for 1-2 hours (if first baby)
- Contractions are 6-7 minutes apart, lasting 1 minute and have been that way for an hour (if not first baby)
- Heavy bleeding
- Decreased fetal movement

Please call if you have any other concerns about your health or the baby's.

Parking

Please park in the 30 minute Special Delivery Parking spaces located near the South Tower and enter through the South Tower. Once the laboring woman is admitted, please move your car to Parking Lot 5 or the parking garage.

Where to Go

Park in the temporary 30 minute lot outside of the South Tower and enter through the South Tower double doors; they are open 24/7. Proceed right down the main hallway until you reach the elevators to your left. Take the elevator to Labor and Delivery on the 2nd floor.

Getting Admitted to L&D

Labor and Delivery is a locked unit. To gain admission, please pick up the phone outside the secure doors. A staff member will answer—please identify yourself and the door will swing open.

Once inside, proceed to Station A. A staff member will greet you and the laboring woman will be taken into an exam room for an evaluation. A staff member will access:

- Amniotic fluid
- Dilation, effacement, station
- Contractions
- Fetal heart tones

Based on this information, the laboring woman will be admitted or sent home.

Security

Labor and Delivery and the Mother/Baby Unit are locked units. For visitor access, visitors must use the phone outside the secure doors. Once baby is born, mom, baby and one other person will get matching wrist bands.

Labor, Delivery, Postpartum

What to expect

Visitors

You may have up to 1 guest at this time. They must show proof of covid vaccination or have a negative covid test.

Mother/Baby Unit: You may have the same 1 visitor that accompanied you in Labor and Delivery.

Labor Tools Provided

- Rocking chair
- Heated blankets
- Ice packs
- Shower
- Squat bar
- Portable Telemetry (portable monitoring)
- Television
- Labor Tub (2 rooms only)

Feel free to bring your own comfort items such as massage tools, pillows, birthing balls etc. It is possible to plug an MP3 player into the television. Please do not bring anything that needs to be plugged in.

Food and Drink

There is a Family Pantry available with Jell-O, ice chips and hydrating drinks for laboring women.

There is a microwave and a refrigerator available in this room as well. Please label any food placed in the refrigerator with the laboring woman's name.

Your support team is welcome to bring snacks and drinks. They should also bring money for the cafeteria and vending machines. Cafeteria hours are 7am to 7pm Monday through Friday, 8am-2pm Saturdays.

Newborn Procedures

Your nurse will perform the following newborn procedures within 2 hours after birth:

- Bath, weight and other measurements
- Physical exam
- Erythromycin eye ointment
- Vitamin K
- Hepatitis B vaccine
- Newborn screening

Cesarean Births

South Sacramento is pleased to have the lowest cesarean birth rate in the Sacramento region! We have two operating rooms in labor and delivery. You may have one support person in the operating room during the surgery. That person will wear a gown/mask and be seated during the procedure. Please hold your baby skin-to-skin and breastfeed as soon as possible. Be sure to speak to your instructor and provider about cesarean births.

Skin-to-Skin Contact

Immediately after birth your baby will be placed on mom's bare chest for skin-to-skin contact and will stay there until completion of first breastfeeding session.

Babies that are held skin-to-skin are

- Warmer
- Calmer
- Have better heart rates and respiration
- Breastfeed sooner and longer

Labor, Delivery, Postpartum

What to expect

Photography and Videotaping

Photographing the birth of your baby is an important part of your birth experience! We believe our policy allows you to capture the best moments of your baby's birth, while allowing the health care team to concentrate on the birth of your baby. We allow videotaping after your baby is born with the consent of the midwife, physician or nurse. There is no videotaping allowed in the operating room.

Mother/Baby Unit

About two hours after the birth of your baby, you will be transferred to the Mother/Baby Unit which is on the same floor as labor and delivery. Your private room offers:

- Shower
- Television
- Sleep chair for one support person
- Rocking chair
- Wi-Fi
- Quiet time placard (prevents visitors from entering during your family time)

Going Home

The following must happen before mom and the baby are discharged:

- Baby must be breastfeeding well
- Baby must void and stool
- Baby's temperature is stable
- Mom is able to care for herself and baby and has all questions answered
- Newborn Screening Test is performed
- An appointment is made to see baby 2 days after discharge
- An appointment is made to see mom 3-6 weeks after discharge.

Breastfeeding Resources

After giving birth at Kaiser South Sacramento, you can get breastfeeding help at our Newborn Care Center. There are lactation consultants available during your hospital stay and all our nurses have advanced training in breastfeeding support.

- Room 118, 1st floor, by pediatric injections
- Purchase a breast pump or other breastfeeding supplies

