

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.

If you are in
Early labor*



You may benefit from

Comfort

Control of your environment



Home

or

If you are in
Active labor*



You may benefit from

Being active

Staying close to hospital



Near the Hospital



You may benefit from

Monitoring

Clinical care



Labor & Delivery

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 6 cm with accelerated cervical dilation.