

# Making the Call: Clarifying the Pain-Meds Decision

How strongly do you feel NOW about an Epidural or other pain medication?

What steps are you taking to re-enforce this preference?

Hiring a supportive provider, hiring a doula, classes, research, etc

If you ask for pain medication in labor, how would you like your supporters to respond?

\_\_\_ Change the energy in the room: lights, music, fresh support, etc

Specifics: \_\_\_\_\_

\_\_\_ Give me alone time with my partner or by myself

\_\_\_ Encourage me to keep going for \_\_\_\_\_ minutes/hours.

\_\_\_ Encourage me to try my "back-pocket option", a coping tool I'm looking forward to.

A coping tool that appeals to me: (shower, tub, slow dancing, etc) \_\_\_\_\_

\_\_\_ Encourage me with phrases that resonate with me. (Examples: *You only need to do one contraction at a time. We are with you. We support you. You are safe and your baby is safe. Trust your instincts, wherever they are guiding you. You are doing beautifully.*)

Notes: \_\_\_\_\_

## A Firm Decision:

How do you want to convey to your supporters that you are certain about choosing pain medication?

\_\_\_ Trust that it will become obvious through our conversation.

\_\_\_ By the \_\_\_\_\_ (number) request for pain medication, I am ready.

\_\_\_ I will use a "code word" so that I can vent and emote as much as I like.

Code word: \_\_\_\_\_

If my labor includes any of the following, I will re-evaluate my stance on pain-medication.

\_\_\_ Labor longer than \_\_\_\_\_ hours.

\_\_\_ I am very fatigued.

\_\_\_ Back Labor

\_\_\_ I am being induced.

\_\_\_ My supporters are stressed/fatigued.

\_\_\_ Pitocin is required.

\_\_\_ I need to navigate medical decisions.

Notes: \_\_\_\_\_