



Labor Partnership with the Alliance Care Team

The Alliance birth plan is to have a healthy baby and a healthy mom with the least amount of intervention as possible. We believe in shared decision making. If an intervention is necessary, your Alliance Care Team will counsel you and help you make informed medical decisions. While we cannot plan how your birth process will go, we want you to be aware of the Alliance standard of care at UMH-Sparrow.

Before Admission

- Come to OB Emergency Room (OB-ED) for bleeding, leaking fluid, if your baby is not moving or you think you are in active labor.
- It is not necessary to call Alliance prior to coming to the hospital.
- Visitor restrictions are set by UMH-Sparrow.
- Doulas are not considered a visitor, but rather part of your care team. Doulas can come into OR if c-section is needed after completing UMH-Sparrow training.

Labor Preferences

- Bring items that will make the hospital room comfortable for you (music, aromatherapy, specific pillow).
- UMH-Sparrow has:
 - Birthing balls, peanut balls, adjustable beds and laboring bars.
 - Stand up showers, no tubs.
 - An “empower tower” with various items to help with coping including massage tools and TENs units.
 - Wireless fetal monitors. Some low-risk people will not need continuous fetal monitoring.
- All admitted patients receive IV access in the event certain medications become necessary. Having IV access does not mean you will need IV fluids.

Labor Coping

- You and your support person should learn some coping tools prior to admission (birthing class, breathing techniques etc.).
- Our Alliance Team and LD nurses will support you and suggest position changes and movement during labor process.
- Nitrous oxide, IV pain medications and epidurals are available as medicines for pain control if needed.

Birth Preferences

- We will help you move through positions during pushing; most people use a variety of positions. There is not one position that is ideal.
- We may use a combination of mineral oil, massage techniques and warm compresses to help prevent tearing during delivery.
- We do not routinely perform episiotomy, vacuum or forceps delivery. If your Alliance Team thinks you would benefit from these interventions, we will have a discussion.

After Delivery Preferences

- We encourage immediate skin-to-skin contact and delayed cord clamping of 60 seconds following a vaginal delivery and c-section.
- We recommend Pitocin following delivery to prevent bleeding.
- UMH-Sparrow is a “Baby Friendly Hospital” meaning that breast feeding is supported. All Mother Baby nurses have additional training in breast feeding and lactation consultants are available as needed.
- Sparrow does not have a newborn nursery. Your baby will be in the same room as you during your stay. Plan to have a support person stay with you to help care for baby and allow you some rest.
- If you choose circumcision for your newborn boy, your Pediatrician will discuss the procedure with you.
- Your Pediatrician will recommend the following medications shortly following delivery:
 - Vitamin K injection to help with normal clotting function
 - Erythromycin eye ointment to prevent eye infections
 - Hepatitis B vaccination

Please discuss at an office visit any additional preferences, concerns, specific fears, or other information that will help us provide the best possible care to meet your needs.