

Medical Support

Don't forget your BRAIN: **B**enefits...**R**isks...**A**lternatives...**I**ntuition...**N**othing/**N**egotiate

Be sure to find the positive intention of care provider.

Medical Support	Benefits	Risks	Alternatives
Stripping/sweeping membranes			
Breaking water (to start or speed up)			
Cervadil / Cytotec / Fully Bulb			
Pitocin			
IV Fluids			
Hep/Saline Lock			
External Fetal Monitor			
Internal Fetal Monitor			
Fentanyl Pain Relief			
Epidural			
Episiotomy			
Forceps			
Vacuum			
Cesarean			