

Answer each question below. Circle the correct multiple choice answer. Write answers for open ended questions.

- 1) You have a say in \_\_\_\_ of the decisions made in the delivery room.
  - a) None
  - b) A few
  - c) Most
  - d) I don't know
- 2) First ask, "What are the Benefits? Then, "what are the \_\_\_\_\_ and the Alternatives?"
  - a) Rights
  - b) Risks
  - c) Reasons
  - d) I don't know
- 3) Labor isn't an exact science and it's \_\_\_\_\_ for every woman.
  - a) Exhausting
  - b) Painful
  - c) Different
  - d) I don't know
- 4) It's important to understand that \_\_\_\_ medicine has benefits AND risks.
  - a) All
  - b) Some
  - c) Labor
  - d) I don't know
- 5) \_\_\_\_\_ lessen pain without loss of feeling or muscle movement and may also have a relaxing, calming effect on you.
  - a) Epidurals
  - b) Narcotics
  - c) Sterile water
  - d) I don't know
- 6) \_\_\_\_\_ and Spinal Blocks block most of the feeling, including pain, though you may still feel the pressure of your contractions depending on the dose.
  - a) Epidurals
  - b) Narcotics
  - c) Sterile water
  - d) I don't know
- 7) You should be aware that Pitocin causes very strong, painful \_\_\_\_\_ once it kicks in.
  - a) Contractions
  - b) Headaches
  - c) Cramps
  - d) I don't know
- 8) Fetal heart rate is monitored to help your provider know the condition of your \_\_\_\_\_ during labor.
  - a) Uterus
  - b) Contractions
  - c) Baby
  - d) I don't know
- 9) The most important thing is to go home with a \_\_\_\_\_.
  - a) Small scar
  - b) Pain reliever
  - c) Healthy baby
  - d) I don't know