

# the birthing partner book

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## **Stages of labor and birth: Baby, it's time! - Mayo Clinic**

Find out what happens during the different stages of labor and birth.

## **Labor positions - Mayo Clinic**

Learn about positions that might help you relax and ease pain during labor.

## **Home birth: Know the pros and cons - Mayo Clinic**

Understand the possible risks and how to plan and prepare for a home birth.

## **Labor and delivery: Pain medications - Mayo Clinic**

Many types of medications can ease pain during labor and delivery. Ideally, the drugs used are safe for mother and baby, don't interfere with labor and delivery, and provide good pain relief with few side effects. This is a guide to medications used during labor and delivery. Work with your health ...

## **Episiotomy: When it's needed, when it's not - Mayo Clinic**

Planning a vaginal delivery? Find out when an incision between the vagina and anus might be needed during childbirth.

## **Labor induction - Mayo Clinic**

Overview Labor induction means getting the uterus to contract before labor begins on its own. It's sometimes used for a vaginal birth. The main reason to induce labor is concern for the health of the baby or the health of the pregnant person. If a healthcare professional suggests labor induction, it's most often because the benefits are greater than the risks. If you're pregnant, knowing why ...

## **Postpartum complications: What you need to know - Mayo Clinic**

After you give birth, you're likely focused on the care that your baby needs. But health problems can happen to you in the weeks and months after childbirth. They are called postpartum complications. Some of these problems can be life-threatening. A pregnancy-related death is the death of a person ...

## **C-section - Mayo Clinic**

Overview Cesarean birth is the delivery of a baby through surgical incisions made in the belly and uterus. It often is called a C-section. A C-section may be planned if there are pregnancy

complications. And people who have had a C-section before are more likely to need another one. But the decision for a first-time C-section typically isn't made until after labor starts.

## **Obstetrics and Gynecology - Overview - Mayo Clinic**

Mayo Clinic's Department of Obstetrics and Gynecology offers prevention, diagnosis and treatment for women from childbearing age to menopause and beyond.

## **Perinatal Class Brochure - MC1051-01 - Mayo Clinic**

Birthing experience options Mayo Clinic Family Birth Center offers a number of options for your baby's birth. Prenatal care is provided at both the Division of Obstetrics through Team Care and Resident Care and the Department of Family Medicine by the physician of your choice.