

本文件可帮助您与您的医生或助产士分享您怀孕和分娩的意愿。在产前检查期间与他们讨论本文中的项目。您还可以在分娩时使用它与家人和医疗团队讨论您的意愿。

This document helps you share your preferences for pregnancy and labor with your doctor or midwife. Discuss the items in this document with them during prenatal care visits. You can also use it to talk about your preferences with your family and your care team during childbirth.

本文中，您将找到： In this document you will find:

与您的医生或助产士讨论的重要事项：

Important things to discuss with your doctor or midwife:

- 什么时候前往医院：分娩早期和分娩活跃期之间的区别。

When to come to the hospital: the differences between early labor and active labor.

- 住院期间的个人、宗教和文化需求

Personal, religious, and cultural needs in the hospital

- 分娩时的活动

Movement during labor

- 分娩期间的药物和其他应对方式

Medicines and other ways to cope during labor

其他需要您自己、与您的伴侣，或支持团队一起决定的事项：

Other things to decide on your own, with your partner, or with your support team:

- 产房和分娩室的意愿

Preferences in the labor and birth room

- 如果您需要剖宫产（剖腹产）时的意愿

Preferences if you need a cesarean birth (c-section)

- 关于宝宝出生后的新生儿护理

About newborn care for your baby after they are born

分娩早期与分娩活跃期：知道什么时候前往医院

Early labor vs. active labor: knowing when to come to the hospital

有些关于分娩的决定可能会改变你需要手术或其他医疗程序的风险。例如，留在家中直到分娩活跃期可以减少剖腹产的比率（对不复杂的分娩而言）。**剖宫产**（剖腹产）是一种外科手术，用于通过腹部和子宫的切口分娩婴儿。对许多人来说，分娩早期留在家中是一个很好的选择。另一些人则可能因为某些原因，意味着早点去医院会有所帮助。与您的医生或助产士讨论各种选择方案可以帮助您做出对您和宝宝最有利的决定。

Some decisions about labor can change your risk for surgery or other medical procedures. For example, staying home until you are in active labor decreases the rate of cesarean birth (for uncomplicated labors). **Cesarean birth** (C-section) is a surgical procedure used to deliver a baby through an incision in the abdomen and uterus. For many people staying home in early labor is an excellent choice. Others may have reasons that mean coming to the hospital earlier is helpful. Talking about options with your doctor or midwife can help you make decisions that are best for you and your baby.

以下章节将帮助您了解家中分娩不同阶段的区别，这样您知道每个阶段会发生什么，以及何时该给医院打电话。这也将为您决定何时前往医院提供信息。 The sections below will help you understand the difference between the stages of labor at home, so you know what to expect during each stage, and when to call the hospital. This will also inform your decision making about when to come to the hospital.

分娩早期:当身体慢慢准备好分娩时，子宫颈（子宫的下半部分）开始变宽。

Early labor: When the body is slowly getting ready to give birth, and the cervix (lower part of the uterus) begins to widen.

您的分娩处于早期分娩阶段的迹象包括：

- ✓ 间隔时间：有些宫缩之间间隔短，而另一些则相隔甚远。
- ✓ 强度：有些宫缩会很轻微，有些会很痛（像强烈的痛经）
- ✓ 背痛，尤其是在您的腰部

持续时间：分娩早期持续时间可能仅几个小时，或者长达一天或更长

Signs that your labor is in the early labor stage include:

- ✓ Timing: Some contractions will come close together and others will be far apart.
- ✓ Strength: Some contractions will be mild and some will be painful (like strong menstrual cramps)
- ✓ Backache, especially in your lower back
- ✓ Duration: Early labor can last just a few hours, or up to a day or more

哪些方法会有帮助？ What helps?

加热垫、四处走动和淋浴在分娩早期会有帮助。 A heating pad, moving around, and taking a shower can help in early labor.

我该什么时候致电医院？

分娩早期开始后，如果您遇到以下任何情况，请致电医院：

- ✓ 呕吐持续一小时后仍不停止，无法进食或喝液体。

- ✓ 阴道经常流血，鲜红色的血流至您的内裤或护垫。（黏液与粉红色/红色/棕色血混合是正常的）。
- ✓ 极度疼痛或疼痛突然改变。
- ✓ 担心您感觉不到宝宝的胎动。
- ✓ 有水样液体漏出，或任何棕色或绿色的液体。
- ✓ 直肠压迫感，例如强烈感觉需要排便。

Once early labor has started, call the hospital if you experience any of the following:

- ✓ Vomiting that does not stop after an hour without food or drink.
- ✓ Vaginal bleeding of regular, bright red blood into your underwear or onto a pad. (Mucus mixed with streaks of pink/red/brown blood is normal).
- ✓ Extreme pain or a sudden change in pain.
- ✓ Concern that you cannot feel your baby move.
- ✓ You are leaking watery fluid, or any fluid with a brown or green color.
- ✓ Rectal pressure, such as a strong feeling that you need to have a bowel movement.

我们的护士可以帮您决定是否是时候上医院，还可以为您提供在家中度过分娩早期的建议。如果分娩早期期间有疑问，请致电分诊中心 (734) 764-8134。

Our nurses can help you decide if it is time to come to the hospital, and can also give you suggestions for working through early labor at home. Call triage at (734) 764-8134 if you have questions during early labor.

分娩活跃期： 宫颈变宽，为宝宝通过产道做准备时期。

Active labor: When your cervix gets wider to prepare for the baby coming through the birth canal.

您的分娩处于分娩活跃阶段的迹象包括：

- ✓ 从一次宫缩开始到下一次宫缩开始，间隔时间为每 4 分钟或更短时间。通常，这种模式持续至少一个小时。
- ✓ 每次宫缩本身持续整整一分钟。
- ✓ 宫缩感觉比痛经强烈得多，需要您集中注意力。
- ✓ 宫缩时很难做任何其他事情，即使在宫缩之间，您也可能更愿意专注或休息，而不是与其他人交谈。
- ✓ 现在宫缩的感觉比一个小时前要强烈得多。 宫缩显然越来越强。

Signs that your labor is in the active labor stage include:

- ✓ Contractions occurring every 4 minutes or less from the start of one to the start of the next. Usually this happens in a consistent pattern for at least an hour.
- ✓ Each contraction itself lasts a full minute.
- ✓ The contractions feel much more intense than menstruation and require your focused attention.
- ✓ It is very difficult to do anything else during a contraction, and even between contractions you will probably prefer to focus or rest rather than talk with other people.
- ✓ The contractions you feel now are much more intense than what you felt an hour ago. Contractions are clearly getting stronger.

什么时候前往医院： 了解需要前往医院的征兆、待在家中的安全措施以及应对分娩早期疼痛的方法。在去医院最佳时机出现之前安心留在家中。

When to come to the hospital: Prepare to be comfortable staying home until the best time by learning the signs it is time to come, the safety of staying home, and ways to work with early labor pains.

与您的医生或助产士讨论什么时候是去医院的最佳时机，这取决于宝宝的胎位、您居住的远近以，及任何其他考虑因素。 With your doctor or midwife, talk about when is

the best time to come to the hospital depending on your baby's position, how far away you live, and any other considerations.

当您到达医院时 When you arrive at the hospital

以下内容是关于您到达医院后分娩的意愿。 The sections below are related to your preferences for labor when you arrive at the hospital.

个人、宗教、或文化偏好 您可能对自己的护理有特定的意愿, 或影响您这次怀孕感受的一些经历.分享这些信息可以帮助医院工作人员更好地满足您的需求。

Personal, religious, or cultural preferences You may have specific preferences for your care, or experiences that shape your feelings about this pregnancy. Sharing this information can help hospital staff better meet your needs.

您的医生或助产士应该知道些什么, 来帮助满足您在生产、分娩或住院期间的这些需求?

What should your doctor or midwife know to help meet these needs in labor, childbirth, or while you are in the hospital?

分娩期间的活动: 分娩时四处走动可以帮助你保持骨盆宽松、应对疼痛、提高分娩效率, 并降低剖腹产的风险。

Movement during labor: Moving around during labor can help you keep a loose pelvis, cope with pain, make your labor more effective, and reduce your risk of a Cesarean birth.

与您的医生或助产士谈谈您对分娩时活动方式的意愿: With your doctor or midwife, talk about your preferences for ways to move during labor.

我们能提供帮助的事情: Things we can help with:

- 提醒并帮助您四处走动和松开骨盆，而不是撑紧或绷紧 Reminders and help to move around and loosen your pelvis rather than bracing or clenching
- 在硬膜外置入后帮助您经常变换体位 Help you change position often after epidural placement

您可以做的事情： Things you can do:

- 使用淋浴或浴缸 Use the shower or the bathtub
- 使用分娩球 Use a birth ball
- 在走廊或您的房间内走动 Walk in the halls or in your room
- 跪下或坐着 Kneel or sit

分娩时的监测：对于大多数分娩，我们会每 30 分钟监测一次宝宝的心率，并进行子宫颈检查以检查您分娩的进度。 **Monitoring during labor:** For most births, we monitor your baby's heart rate every 30 minutes, and do cervical exams to check the progress of your labor.

每 30 分钟监测一次宝宝的心率是观察宝宝健康状况的一种安全、有效的方法。它可以让你更自由地走动，并可以降低剖腹产的风险。如果我们有理由担心，或者如果您正使用某些药物，我们会转为持续（不间断）监测。 Monitoring baby's heart rate every 30 minutes is a safe, effective way to watch the well-being of your baby. It allows you to move around more freely, and can reduce your risk of a Cesarean birth. We switch to continuous (constant) monitoring if we have reason for concern, or if you are being given certain medicines.

宫颈改变：与您的医生或助产士谈谈您对宫颈检查的意愿： **Cervical change:** With your doctor or midwife, talk about your preferences for cervical examinations:

- 尽可能少进行宫颈检查 As few cervical exams as possible
- 如未破水，定期检查 Regular checks if water is not yet broken

分娩时使用药物来应对： 有不同的药物可以帮助您应对分娩疼痛。医院可以提供以下选择。分娩时您可更改意愿。

Using medication to cope during labor: There are different medications to help you cope with labor pain. The hospital can provide the following options. You can change your preferences during labor.

与您的医生或助产士讨论在分娩期间您愿意使用哪些药物来应对： With your doctor or midwife, discuss what medications you are open to using to cope during labor:

- 静脉注射或注射止痛药物 IV or an injection of pain medication
- 硬膜外 Epidural
- 吸入一氧化二氮（笑气） Inhaled nitrous oxide (laughing gas)
- 还未决定如何管理疼痛 Have not decided how to manage pain

应对分娩时疼痛的其他方法（非药物）： 有许多非药物方法可以帮助您应对分娩疼痛。医院工作人员可以帮忙解决其中一些事情。 **Other ways (non-medication) to cope with pain during labor:** There are many non-medical ways to help you cope with labor pain. The hospital staff can help with some of these things.

与您的医生或助产士谈谈您想要什么帮助：

With your doctor or midwife, talk about what help you would like

- 拨号导乐（Dial-a-doula）或其他 Dial-a-Doula or other
- 分娩支持 labor support
- 放松技巧 Relaxation techniques
- 呼吸或发声 Breathing or vocalizing

使用浴缸或淋浴

Use of the tub or shower

活动和节律

Movement and rhythm

改变体位

Position changes

按摩技术

Massage techniques

其他要决定的事情 Other things to decide

除了与您的医生或助产士共同决策之外，还有许多决定可以由您自己，也可以与伴侣或支持团队一起做出。 In addition to shared decision making with your doctor or midwife, there are many decisions you can make on your own, with your partner, or with your support team.

您对分娩室的意愿

Your preferences in the delivery room

您可以采取一些措施来使产房环境更加舒适。 There are things you can do to make the delivery room environment more comfortable.

您对分娩室有什么意愿？

- 分娩时调暗灯光
- 用镜子观看分娩
- 选择自己想要播放的音乐
- 使用家中带来的精油或芳香疗法（不允许使用明火和香薰灯）

What are your preferences in the delivery room?

- Dim the lights during labor
- Use a mirror to watch the birth
- Choose your own music to be played
- Use essential oils or aromatherapy from home (flames and diffusers are not allowed)

您剖腹产时的意愿 Your Cesarean birth preferences

有的时候，为了您或宝宝的健康，必须进行一种称为剖腹产的手术。如果您需要剖宫产，

也称为剖腹产，你可以做一些事情来使自己更舒适。

Sometimes a surgery called caesarean birth is necessary for your health or the health of your baby. If you need a Cesarean, also called a C-section, there are some things you can do to be more comfortable.

如果需要剖宫产，您有什么意愿？

- 选择自己想要播放的音乐
- 有支持人员的陪伴（姓名）： _____
- 通过透明的塑料挂帘观察宝宝的出生
- 在手术室（您或您的支持人员）与宝宝进行皮肤对皮肤接触

What are your preferences if a cesarean is needed?

- Choose your own music to be played
- Support person to be with you (name): _____
- Observe baby's birth through a clear plastic drape
- Skin to skin contact with the baby in the operating room (you or your support person)

您对新生儿照护的意愿 Your newborn care preferences

分娩后，工作人员可能需要了解您一些特定意愿和需要的支持。

我们建议每个宝宝在出生后立即与您皮肤对皮肤接触至少一小时。我们按惯例会推迟剪断脐带至少 2 分钟。

After you give birth, there may be specific preferences and support you want that staff should know.

We recommend that every baby have at least an hour of skin to skin contact with you immediately after birth. We routinely delay cutting the cord for at least 2 minutes.

宝宝出生后您的意愿是什么？

- 我想由（姓名）：_____ 来剪宝宝的脐带
- 我想要（姓名）：_____ 也能与宝宝进行皮肤对皮肤的接触。
- 我需要喂养方面的支持/教育
- 需要的其他支持：

What are your preferences for after baby is born?

- I would like (name): _____ to cut baby's umbilical cord
- I would like (name/s): _____ to also have skin to skin contact with the baby.
- I would like support/education for feeding
- Other support needed:

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编辑：Karelyn Munro, BA

Edited by: Karelyn Munro, BA

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