

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

- 1) Before you make any decisions, it helps to think through the acronym \_\_\_\_\_.  
a) **BRAIN**  
b) BURST  
c) BREAK  
d) I don't know
- 2) Your provider might recommend a narcotic if your pain is too \_\_\_\_\_ or is interfering with the progression of labor.  
a) Fast  
b) **Intense**  
c) Light  
d) I don't know
- 3) You may not be able to use a(n) \_\_\_\_\_ if you have certain health conditions or are in recovery for an addiction and using a methadone treatment.  
a) Epidural  
b) **Narcotic**  
c) Sterile water  
d) I don't know
- 4) Nitrous oxide, also called, laughing gas, is inhaled through a \_\_\_\_\_ that you hold to your face.  
a) Tube  
b) **Mask**  
c) Shield  
d) I don't know
- 5) \_\_\_\_\_ injections can be given anytime during labor and as frequently as you need them.  
a) Epidural  
b) Narcotic  
c) **Sterile water**  
d) I don't know
- 6) Stripping the membranes may cause your body to release \_\_\_\_\_ that soften the cervix and start contractions.  
a) **Hormones**  
b) Endorphins  
c) Steroids  
d) I don't know
- 7) Your provider might recommend a(n) \_\_\_\_\_ if your baby needs to be delivered quickly or needs to be delivered with the aid of forceps or vacuum.  
a) Cesarean  
b) **Episiotomy**  
c) Incision  
d) I don't know
- 8) What fears do you have concerning pain during labor?
- 9) Which, if any, of the medical pain relief options are you interested in learning more about?