

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