

## Vaginal Birth

Vaginal birth is the most natural way to delivery your baby. Vaginal birth involves uterine contractions to dilate the cervix and maternal pushing to deliver the baby. It is optimal to have labor begin spontaneously; however, sometimes induction of labor is necessary for benefit of mother or baby. You will be offered medication for pain relief during labor, although vaginal delivery is almost never pain free.

Childbirth is a very dangerous time in the life of a woman and baby. Inherent risks are involved that cannot always be predicted or prevented. These include pelvic floor dysfunction that may lead to fecal and urinary incontinence, blood clots (DVT) that may form in the legs or pelvis which can result in pulmonary embolism, excessive bleeding requiring blood transfusion, and infection in the pelvis. Risks to the baby include infection, bruising, shoulder dystocia resulting in permanent nerve injury to the upper extremity, and hypoxia which could lead to permanent brain damage.

Although precautions will be taken to protect your safety, no birth is without risk.

By signing below, I confirm that I have spoken with my doctor regarding the risks of vaginal birth as well as the alternatives available to me. In addition, I have read and accept the risks described above and consent to the procedure listed.

Name \_\_\_\_\_

Date \_\_\_\_\_

Procedure Vaginal Birth \_\_\_\_\_

Doctor \_\_\_\_\_