

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?