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### **Pitocin, IV's and Breaking the Water**

**IV's-** Our policy is that every patient have IV access. For various reasons, many patients do not want to have IV fluids during labor- while we recommend this, we will not force you to have fluids unless necessary. We do require IV access- which means that once it have been established that you are in labor, if you refuse the fluids, a nurse will place a "saline/heparin lock" (small catheter) into your vein- no fluids or tubing will be connected. Labor can very easily dehydrate you and deplete your sugar levels- for this reason, we strongly recommend fluids. However, we are aware that some people prefer alternative methods of labor management and will make every effort to work within the scope of those patient's desires.

**PITOCIN-** There are many reasons to need pitocin during labor. Our doctors all utilize this medicine only when we feel it is necessary. If we are ordering pitocin for you, it is because we feel it is medically necessary- any patient who has strong feelings about pitocin, or an inclination to refuse this medication **MUST** discuss this with their physician early in the pregnancy- we may not be the right office for you, and you will need to have time to find a physician/midwife who can practice within the narrowed scope you are looking for.

**RUPTURE OF MEMBRANES/BREAKING YOUR WATER-** This is a very good way to help speed your labor "naturally", and avoid the use of pitocin. It is also a mechanism that we use to "induce" labors (after making that decision in conjunction with you). Patients who have strong feelings about this, or are inclined to refuse this **MUST** discuss it with their physician early in the pregnancy- we may not be the right office for you, and you will need to have time to find a physician/midwife who can practice within the narrowed scope you are looking for.

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