

Medication Reference Cards for Doulas

Version 1.0

Disclaimer: Doulas are non-medical labor support. The information presented here is for demonstrative purposes only and may not be used to replace, override, or substitute the counsel and/or advice of a qualified physician or midwife. If you have any questions regarding the correct use of a medication, please consult with the patient's physician or midwife. New Beginnings Childbirth Services, LLC, its owners, managers, other representatives, or employees cannot be held responsible for any adverse effects resulting from use of information contained on these cards.

Usage Rights: You may print and reproduce as many copies as needed for your personal use. Printing and/or digital reproduction of these materials for any commercial purpose is prohibited. Group business licensing is available upon request.

©2015 New Beginnings Childbirth Services, LLC.

Directions for use: These cards have been designed to be printed two-sided (front and back) on a traditional 8 ½" x 11" piece of paper in portrait mode. You may choose to print on regular weight paper, but you may find printing on card stock to better suit your long term use of the cards. Once cards have been printed, you may cut the page into quarter sections, and by so doing separate each medication card into its own individually. Bind and/or laminate as needed.

(The remainder of this page is intentionally left blank.)

Ampicillin

⊕ USE	Medication Reference Cards
Used to treat infections	
☰ DOSE/ROUTE	
2gm as an initial dose, then 1gm every 4 hours; during labor, usually given IV	
⊖ SIDE EFFECTS	
Nausea and vomiting, stomach pain, swollen tongue, thrush, diarrhea, rash, high levels of white blood cells, low levels of red blood cells.	
▽ PRECAUTIONS	
Do not use if you have infectious mononucleosis. Use with caution if you have Acute Lymphoid Leukemia (ALL), a type of cancer of the white blood cells, HIV/AIDS, seizures, or kidney problems.	

(continued on back →)

©2015 New Beginnings Childbirth Services, All rights reserved.

BiCitra (sodium citrate)

⊕ USE	Medication Reference Cards
Used as an antacid preoperatively	
☰ DOSE/ROUTE	
15ml by mouth 10-30m prior to C-section	
⊖ SIDE EFFECTS	
Diarrhea, nausea and vomiting, mild stomach pain, black tarry stools, confusion, seizures, trouble breathing	
▽ PRECAUTIONS	
Do not take if you have electrolyte imbalance, Addison's disease, heart or kidney disease, high blood pressure, or stomach problems.	

(continued on back →)

©2015 New Beginnings Childbirth Services, All rights reserved.

Betamethazone

⊕ USE	Medication Reference Cards
Used to help a premature infant's lungs mature; given before birth if premature labor is a problem	
☰ DOSE/ROUTE	
12mg given by a shot to the mother, 2 doses 24 hours apart	
⊖ SIDE EFFECTS	
Fluid retention, increased blood pressure	
▽ PRECAUTIONS	
Women with diabetes may need to change their insulin dosage and should consult a doctor.	

(continued on back →)

©2015 New Beginnings Childbirth Services, All rights reserved.

Cefazolin

⊕ USE	Medication Reference Cards
Used to treat infections	
☰ DOSE/ROUTE	
2gm as an initial dose, then 1gm every 8 hours; during labor, usually given IV	
⊖ SIDE EFFECTS	
Nausea and vomiting, stomach pain, headache, thrush, diarrhea, abnormal liver function tests, low platelets, low blood clotting protein, confusion, itching, low energy	
▽ PRECAUTIONS	
Use caution with kidney disease, liver disease, and stomach/intestinal diseases.	

(continued on back →)

©2015 New Beginnings Childbirth Services, All rights reserved.

BiCitra (sodium citrate)

(continued)

DOULA CONSIDERATIONS

This medication tastes really bad, so warn them ahead of time.

DOULA ACTIONS

Comfort:

Be prepared to help with feelings of nausea.

Communication:

If your client does not want to take this, help them bring up their concerns with their care provider.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Ampicillin

(continued)

DOULA CONSIDERATIONS

There may be long term implications of taking antibiotics for both the mother and the infant. Make sure your client discusses these with her doctor if she is concerned. Some medical providers will prescribe probiotics after antibiotics are taken.

DOULA ACTIONS

Comfort:

Pain- take measures to decrease the pain of the IV. Warm or cold compresses may help. Decreasing the rate of the IV may also help.
Mobility- this may briefly be impaired. Encourage movement if needed and assist if the IV is in the way.
Nausea- be prepared to help with nausea or vomiting.

Education/communication:

Facilitate a discussion between the care provider and your client on the pros and cons of using antibiotics and any other alternatives. Discuss using the IV only for the amount of time that the antibiotics are infusing.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Cefazolin

(continued)

DOULA CONSIDERATIONS

There may be long term implications of taking antibiotics for both the mother and the infant. Make sure your client discusses these with her doctor if she is concerned. Some medical providers will prescribe probiotics after antibiotics are taken.

DOULA ACTIONS

Comfort:

Pain- take measures to decrease the pain of the IV. Warm or cold compresses may help. Decreasing the rate of the IV may also help.
Mobility- this may briefly be impaired. Encourage movement if needed and assist if the IV is in the way.
Nausea- be prepared to help with nausea or vomiting.

Education/communication:

Facilitate a discussion between the care provider and your client on the pros and cons of using antibiotics and any other alternatives. Discuss using the IV only for the amount of time that the antibiotics are infusing.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Betamethazone

(continued)

DOULA CONSIDERATIONS

This drug will lower the risk of breathing problems, bleeding in the brain, and intestinal infection.

DOULA ACTIONS

Comfort:

Pain - may need help working through pre-labor pain. May also desire help with the pain from the shot. Heat or ice packs may help with this.
Fear/anxiety - your client may need help working through fear and anxiety if she is having pre-term labor.

Education/communication:

Make sure your client understands why she is getting the shot. Also, encourage her to ask any questions regarding care for a premature infant if it may help.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Clindamycin

⊕ USE	Medication Reference Cards
Used to treat infections	
▾ DOSE/ROUTE	
900mg every 8 hours; during labor, usually given IV	
⊖ SIDE EFFECTS	
Dry skin, itching, hives, rash, bloody diarrhea, stomach cramps	
▾ PRECAUTIONS	
Use with caution if you have a history of colitis, Crohn's disease, or other intestinal disorder, liver disease, or if you take erythromycin.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Demerol

⊕ USE	Medication Reference Cards
Narcotic for moderate to severe pain	
▾ DOSE/ROUTE	
IV, injection, or by mouth 50-150mg every four hours	
⊖ SIDE EFFECTS	
Respiratory depression, convulsions, constipation, sedation, cardiovascular collapse, crosses the placenta and can affect the baby, dizziness, nausea, vomiting	
▾ PRECAUTIONS	
Use cautiously in labor. Do not use if convulsive disorder, stomach problems, or impaired liver and kidney function are present.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Cytotec

⊕ USE	Medication Reference Cards
Prostaglandin, used to ripen the cervix or induce labor	
▾ DOSE/ROUTE	
25-50mcg tablets or place in the vagina	
⊖ SIDE EFFECTS	
Diarrhea, nausea, stomach pain, vomiting, uterine hyper-stimulation, increased fetal distress, increased chance of uterine rupture	
▾ PRECAUTIONS	
Do not use with a VBAC. Do not use if kidney problems are present.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Dermoplast

⊕ USE	Medication Reference Cards
Numbs and relieves pain of lacerations and cuts	
▾ DOSE/ROUTE	
Spray on the perineum up to 6 times a day	
⊖ SIDE EFFECTS	
Rash, irritation, burning	
▾ PRECAUTIONS	
If used too much, the medication can be absorbed through the skin and cause other complications.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Demerol

(continued)

DOULA CONSIDERATIONS

Do not use during breastfeeding without consulting your medical provider.

DOULA ACTIONS

Comfort:

Be prepared to help stabilize your client during movement.

Be prepared to help with nausea and vomiting.

Education/Communication:

Discuss alternative with care provider if client desires.

Make sure that your client has informed consent.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Clindamycin

(continued)

DOULA CONSIDERATIONS

There may be long term implications of taking antibiotics for both the mother and the infant. Make sure your client discusses these with her doctor if she is concerned. Some medical providers will prescribe probiotics after antibiotics are taken.

DOULA ACTIONS

Comfort:

Pain- take measures to decrease the pain of the IV. Warm or cold compresses may help. Decreasing the rate of the IV may also help.

Mobility- this may briefly be impaired. Encourage movement if needed and assist if the IV is in the way.

Nausea- be prepared to help with nausea or vomiting.

Education/communication:

Facilitate a discussion between the care provider and your client on the pros and cons of using antibiotics and any other alternatives. Discuss using the IV only for the amount of time that the antibiotics are infusing.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Dermoplast

(continued)

DOULA CONSIDERATIONS

This can feel cold when first applied, so warn your client.

DOULA ACTIONS

Comfort:

If your client would rather not use medication, pain can also be addressed using warm or cold compresses.

Communication:

Encourage communication with the care provider if the client is desiring to use other means of pain medication.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Cytotec

(continued)

DOULA CONSIDERATIONS

Induction is an off label use of cytotec. The FDA has not approved it for this purpose.

DOULA ACTIONS

Comfort:

If diarrhea is present, make sure that your client is getting enough fluids during induction. Be prepared to help with nausea or vomiting.

Education/Communication:

Make sure your client has had informed consent. Discuss off label use with care provider.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Dinoprostone

USE	Medication Reference Cards
Used to ripen the cervix or induce labor	
DOSE/ROUTE	
Prostin E2 vaginal tablets 5mg; cervical vaginal insert 10mg; prepidil cervical gel 0.5mg	
SIDE EFFECTS	
Cardiac arrest, nausea, vomiting, high blood pressure, fever, back pain, diarrhea, uterine rupture, fetal distress	
PRECAUTIONS	
Do not use with malpresentation of baby, ruptured membranes, VBAC, or heart, lung, kidney or liver problems.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Duramorph (morphine sulfate injection)

USE	Medication Reference Cards
Opiate, pain reliever	
DOSE/ROUTE	
During labor(usually only used in early labor): 5-10mg given by injection; given for post-operative pain postpartum: 0.2 ml to 0.4ml of 5mg per 10ml	
SIDE EFFECTS	
Nausea, vomiting, dizziness, low blood pressure, depress respiratory rate, constipation, itching, may disrupt breastfeeding, the side effects also affect the baby after birth	
PRECAUTIONS	
Do not use with other sedatives, alcohol, or central nervous system depressants.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Docusate Sodium

USE	Medication Reference Cards
Used as a stool softener. This can be used during pregnancy for constipation or afterward while the perineum is healing.	
DOSE/ROUTE	
Taken orally 50-500mg	
SIDE EFFECTS	
Diarrhea, throat irritation, rash, nausea, and bitter taste	
PRECAUTIONS	
Should only be used during pregnancy if the benefits outweigh the risks. Should be taken under doctors supervision. Take with caution if you have a history of CHF, edema, diabetes mellitus.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Fentanyl

USE	Medication Reference Cards
Narcotic for moderate to severe pain	
DOSE/ROUTE	
IV 50-100mcg every 30-60 min.	
SIDE EFFECTS	
Sedation, nausea, depressed respiration	
PRECAUTIONS	
Do not use if delivery is anticipated within ½ hour. Do not use with liver or kidney disease.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Duramorph (morphine sulfate injection)

(continued)

DOULA CONSIDERATIONS

Your client will need increased monitoring if morphine is given, both before and after labor. EFM will most likely need to be used, if taken during active labor (this is unusual). May prolong labor. Morphine is excreted in breast milk. The effects are unknown.

DOULA ACTIONS

Comfort:

Assess anxiety and pain surrounding the use of injections and pain medication. Help with these by using relaxation techniques. Once the medication is given, you may need to add extra support when ambulating due to the side effects of the drug. Assess for nausea and vomiting and provide support if the woman needs it. Assess breastfeeding needs to make sure the baby is able to latch on well. Itching is a common complaint so be prepared to offer comfort support for this.

Education/communication: Make sure your client has had informed consent concerning the procedures and medication. Discuss alternative methods of pain relief if the mother desires.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Dinoprostone

(continued)

DOULA CONSIDERATIONS

May want to be pre-medicated with something to help with nausea and vomiting.

DOULA ACTIONS

Comfort:

Assess for pain after administration and provide comfort as needed. Assess for nausea and vomiting and provide comfort as needed.

Education/communication:

Discuss alternatives with care provider if desired by client. Make sure informed consent is given.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Fentanyl

(continued)

DOULA CONSIDERATIONS

Is less likely to cause respiratory depression in infants than morphine or stadol.

DOULA ACTIONS

Comfort:

Prepare to offer more help with movement if needed. Assess nausea and prepare to offer comfort care if desired.

Education/communication:

Discuss alternative methods of pain control with care provider if desired by client. Make sure the client has informed consent.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Docosate Sodium

(continued)

DOULA CONSIDERATIONS

Sufficient liquid should be taken. This should not be taken as a substitute for proper nutrition or dietary management.

DOULA ACTIONS

Comfort:

Pain - related to constipation, help your client practice to release the pelvic floor muscles. This will help any stools come out.

Education:

Healthy movement - teach your client work on exercises that will help keep a healthy digestive tract. These include things like the squat and twists. Movement, like walking, will also help move the bowels and keep a healthy digestive tract.

Healthy diet - Eating a high fiber diet and drinking a lot of water may also help.

Communication:

You can ask their care provider to suggest a different vitamin, particularly if your client is having problems with iron levels. There are much more easily digestible preparations on the market.

Referrals: Dietician, reflexologist, aromatherapist, acupuncturist

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Ferrous Sulfate

⊕ USE	Medication Reference Cards
Used to treat iron deficiency anemia (a lack of red blood cells due to low iron)	
☰ DOSE/ROUTE	
Taken orally in divided doses	
⊖ SIDE EFFECTS	
Nausea, heartburn, constipation, black stools, discoloration of eyes, rickets	
▽ PRECAUTIONS	
Take with caution if you have iron overload syndrome, hemolytic anemia (lack of red blood cells), porphyria, or have liver problems. Use only as directed during pregnancy and lactation.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Indomethacin

⊕ USE	Medication Reference Cards
Used to stop preterm labor before 32 weeks	
☰ DOSE/ROUTE	
A beginning dose of 50 -100mg orally can be given. After that, 25 - 40mg can be taken every 6 hours.	
⊖ SIDE EFFECTS	
Stomach pain, nausea and vomiting, cervical bleeding; can prematurely close the ductus arteriosus in the infant; can also cause necrotizing enterocolitis in the infant if the treatment exceeds 48 hours	
▽ PRECAUTIONS	
Do not use if kidney problems, high blood pressure, liver problems, or bleeding disorders are present.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Ibuprofen

⊕ USE	Medication Reference Cards
Used for mild to moderate pain, to help decrease inflammation, or decrease fevers	
☰ DOSE/ROUTE	
Taken orally; for inflammatory diseases 400-800mg four times a day; for pain 400mg (can go up to 1200mg); for fever 400mg four times a day	
⊖ SIDE EFFECTS	
Stomach pain, constipation, diarrhea, gas, heartburn, nausea or vomiting, dizziness, water retention, bleeding in the stomach; this may cause life threatening or heart circulation problems if taken long term.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Lanolin Ointment

⊕ USE	Medication Reference Cards
Used to help sore nipples or prevent cracking	
☰ DOSE/ROUTE	
Apply to sore nipples sparingly	
⊖ SIDE EFFECTS	
Rash, irritation	
▽ PRECAUTIONS	
Do not use if allergic to wool. Apply to dry skin.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Indomethacin

(continued)

ⓘ DOULA CONSIDERATIONS

Indomethacin does not delay preterm delivery for a long period of time, but can help for a few days.

♥ DOULA ACTIONS

Comfort:

Pain - labor support for contractions may be needed at this point.

Fear and anxiety will probably be present due to preterm labor. Help the mother work through some of these emotions.

You may need to help provide comfort measures for some of the side effects. Use of oils, massage and heat packs may help.

Education/Communication: Your client may want more information on preterm labor and what to expect in her care. Help facilitate this discussion with her care provider.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Lanolin Ointment

(continued)

ⓘ DOULA CONSIDERATIONS

(empty)

♥ DOULA ACTIONS

Comfort:

Applying expressed milk may work just as well or better. If client desires, this may be tried first. Assess for comfort level during nursing.

Communication:

Refer to a lactation consultant if nipples are cracked or you feel the need for more help with breastfeeding.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Ferrous Sulfate

(continued)

ⓘ DOULA CONSIDERATIONS

Your client may need to take this for 2-3 months to increase iron loads. If the side effects are bothersome, ask if there is a different type of iron that your client can take. Foods that increase absorption: citrus fruits or tomato juice. Foods that decrease absorption: milk, calcium, eggs or caffeine. Take on an empty stomach.

♥ DOULA ACTIONS

Comfort:

Pain - related to constipation, help your client practice to release the pelvic floor muscles. This will help any stools come out.

Education:

Healthy movement - teach your client work on exercises that will help keep a healthy digestive tract. These include things like the squat and twists. Movement, like walking, will also help move the bowels and keep a healthy digestive tract.

Healthy diet - Eating a high fiber diet and drinking a lot of water may also help.

Communication:

You can ask their care provider to suggest a different vitamin, particularly if your client is having problems with iron levels. There are much more easily digestible preparations on the market.

Referrals: Dietician, reflexologist, aromatherapist, acupuncturist

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Ibuprofen

(continued)

▽ PRECAUTIONS

Taking ibuprofen during the last three months of pregnancy may harm the unborn baby. Use with caution if you have hypertension, a history of ulcers and kidney problems.

ⓘ DOULA CONSIDERATIONS

Take with food or milk to decrease the effects of nausea or vomiting.

♥ DOULA ACTIONS

Comfort:

Attend to any comfort issues that may be a problem.

Communication:

Encourage a discussion of alternatives to pain medication with care provider if desired by client.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Magnesium Sulfate

⊕ USE	Medication Reference Cards
Sometimes used to stop premature labor; also used to decrease blood pressure for women who have pre-eclampsia	
▾ DOSE/ROUTE	
Usually a beginning dose of up to 4g through an IV is ordered; after that, the mother may be given 1-2g per hour by IV.	
⊖ SIDE EFFECTS	
Muscle weakness, lack of energy, blurry vision, slurred speech, headache, nausea and vomiting, flushing, stuffy nose, shortness of breathe, chest pain; can cause low tone, weakness, and low apgars in infants	
▾ PRECAUTIONS	Do not use if these conditions are present: hemorrhage, chorioamnionitis, cardiac disease, hyperthyroidism, kidney problems.

(continued on back ➔)

©2015 New Beginnings Childbirth Services, All rights reserved.

Naloxone

⊕ USE	Medication Reference Cards
Reverses the effect of narcotics	
▾ DOSE/ROUTE	
0.4 - 2mg given via a shot can be given every 2-3 min.	
⊖ SIDE EFFECTS	
Feeling nervous, restless, or irritable; body aches; dizziness, weakness; diarrhea, stomach pain, mild nausea; fever, chills, goosebumps; or sneezing, runny nose	
▾ PRECAUTIONS	Take precautions with heart, liver, or kidney disease.

(continued on back ➔)

©2015 New Beginnings Childbirth Services, All rights reserved.

Methergine

⊕ USE	Medication Reference Cards
Used to stop bleeding after birth	
▾ DOSE/ROUTE	
0.2mg orally 3 - 4 times a day	
⊖ SIDE EFFECTS	
Headache, nausea, vomiting, dizziness, low heart rate, sweating, high blood pressure	
▾ PRECAUTIONS	Discuss with medical professional if client has a history of kidney, liver, or heart problems. Use with caution with pre-eclampsia.

(continued on back ➔)

©2015 New Beginnings Childbirth Services, All rights reserved.

Narcan

⊕ USE	Medication Reference Cards
Used to reduce the side effects of opiates	
▾ DOSE/ROUTE	
0.4 - 2mg IV	
⊖ SIDE EFFECTS	
Nausea, vomiting, sweating, increase in blood pressure, increased heart rate, constipation	
▾ PRECAUTIONS	Do not use with someone who has cardiovascular disorders.

(continued on back ➔)

©2015 New Beginnings Childbirth Services, All rights reserved.

Naloxone

(continued)

DOULA CONSIDERATIONS

If naloxone is being given, it is probably more of an emergency situation and care should be taken to allow medical providers to do their job.

DOULA ACTIONS

Comfort:

Fear/anxiety - your client may be fearful due to side effects of a narcotic and the need to administer naloxone. You can help by standing by her head and helping her breath and relax.

Education:

Help you client understand anything that may be going on around her. Make sure she is able to get her questions answered.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Narcan

(continued)

DOULA CONSIDERATIONS

Both the mother and baby will be monitored more if this is given.

DOULA ACTIONS

Comfort:

Be prepared to offer help with nausea and vomiting. Assess anxiety and offer help.

Education/Communication:

Usually this is given due to the side effects of opiates that may be given. Informed consent and information regarding this drug should be discussed when deciding which pain medication to use.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Magnesium Sulfate

(continued)

DOULA CONSIDERATIONS

Mothers on magnesium are closely monitored. They will have their blood pressure, pulse, reflexes, and urine production checked very frequently. She will also have to stay in bed for a number of days.

DOULA ACTIONS

Comfort:

Fatigue- Find ways to help you get some sleep. This can include music, massage, oils, etc.
Pain- Use massage or heat to help alleviate any pain she may be feeling. Help her turn if she is uncomfortable.
Social Isolation- help her find ways to socialize with others. Also brainstorm activities that she can do while in bed.

Education:

Make sure any questions are answered about why she is taking the medication and how it will make her feel.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Methergine

(continued)

DOULA CONSIDERATIONS

Should not take for more than one week. It is not recommended to breastfeed while on this medication. This causes uterine contractions.

DOULA ACTIONS

Comfort:

Assess pain and plan to provide comfort for cramping afterward if desired. Assess nausea/vomiting and plan to provide comfort if desired.

Education/communication:

Discuss other options with care provider if your client desires.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Nifedipine

⊕ USE	Medication Reference Cards
Used to stop preterm labor	
☒ DOSE/ROUTE	
Beginning dose of a 20mg tablet; then given 20mg every 3 - 8hours; if more is needed, a long acting pill may be given 30 - 60mg daily.	
⊖ SIDE EFFECTS	
Headache, nausea, dizziness, heartburn, fast heartbeat, muscle cramps, constipation	
⚠ PRECAUTIONS	
Caution should be taken with those who have heart or circulation problems.	

(continued on back ➔)

©2015 New Beginnings Childbirth Services, All rights reserved.

Phenergan

⊕ USE	Medication Reference Cards
Used for nausea and vomiting	
☒ DOSE/ROUTE	
Given as a injection, IV, and by mouth; 12.5 - 25mg every 4 - 6 hours	
⊖ SIDE EFFECTS	
Respiratory depression, blurred vision, dry mouth,drowsiness; may cause symptoms that mimic Parkinson's	
⚠ PRECAUTIONS	
Do not breastfeed while on this medication. Use cautiously with liver, heart, gastrointestinal, and visual problems.	

(continued on back ➔)

©2015 New Beginnings Childbirth Services, All rights reserved.

Nitrous Oxide

⊕ USE	Medication Reference Cards
Used to treat moderate pain	
☒ DOSE/ROUTE	
Given via mask as a mix of 50% nitrous oxide and 50% oxygen	
⊖ SIDE EFFECTS	
Sedation, dizziness, nausea, and vomiting	
⚠ PRECAUTIONS	
Do not use if the mother has any respiratory problems. Use cautiously with those who smoke, have low blood pressure, or have a history of heart disease.	

(continued on back ➔)

©2015 New Beginnings Childbirth Services, All rights reserved.

Prenatal Vitamin

⊕ USE	Medication Reference Cards
To make sure women get all the nutrients they need when pregnant	
☒ DOSE/ROUTE	
Usually taken as a pill or liquid, amounts can vary depending on brand.	
⊖ SIDE EFFECTS	
Stomach pain, constipation, dark stools, diarrhea, nausea,vomiting	
⚠ PRECAUTIONS	
Use caution with kidney or liver problems.	

(continued on back ➔)

©2015 New Beginnings Childbirth Services, All rights reserved.

Phenergan

(continued)

ⓘ DOULA CONSIDERATIONS

Avoid prolonged exposure to the sun. Do not drive and avoid other depressants. Can be very irritating to the vein and should be diluted with saline solution.

♥ DOULA ACTIONS

Comfort:

Be prepared to help stabilize your client during movement.

Education/communication:

Discuss ways to decrease the irritation to the vein with care providers. Discuss alternative with care provider if client desires. Make sure that your client has informed consent.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Nifedipine

(continued)

ⓘ DOULA CONSIDERATIONS

This is more likely to be used if mother is more than 32 weeks pregnant.

♥ DOULA ACTIONS

Comfort:

Pain - may need help working through pre-labor pain.

Fear/anxiety - your client may need help working through fear and anxiety if she is having preterm labor.

Education/communication:

Make sure your client understands why she is getting the medication. Also, encourage her to ask any questions regarding care for a premature infant if it may help.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Prenatal Vitamin

(continued)

ⓘ DOULA CONSIDERATIONS

Vitamins should be taken as directed to ensure adequate amounts of nutrients. There are many different types and some care providers will suggest more natural vitamins in order to help reduce the negative side effects.

♥ DOULA ACTIONS

Comfort:

Pain - related to constipation, help your client practice to release the pelvic floor muscles. This will help any stools come out.

Education:

Healthy movement - teach your client work on exercises that will help keep a healthy digestive tract. These include things like the squat and twists. Movement, like walking, will also help move the bowels and keep a healthy digestive tract.

Healthy diet - Eating a high fiber diet and drinking a lot of water may also help.

Communication:

You can ask their care provider to suggest a different vitamin, particularly if your client is having problems with iron levels. There are much more easily digestible preparations on the market.

Referrals: Dietician, reflexologist, aromatherapist, acupuncturist

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Nitrous Oxide

(continued)

ⓘ DOULA CONSIDERATIONS

May interfere with vitamin B12 and folate metabolism; also known commonly as "laughing gas."

♥ DOULA ACTIONS

Comfort:

Pain - assess for pain during labor and how the mother feels about taking medications.

Education/communication:

Discuss mothers options and desires with her and her care provider.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Penicillin

+ USE	Medication Reference Cards
Used to treat infections	
▾ DOSE/ROUTE	
5 million units for an initial dose, then 2.5 million units every four hours; during labor, is usually given through IV	
⊖ SIDE EFFECTS	
Nausea and vomiting, stomach pain, headache, swollen tongue, thrush, diarrhea	
▾ PRECAUTIONS	
Discuss with medical professional if client has a history of kidney problems or a bleeding disorder.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Pitocin

+ USE	Medication Reference Cards
Used to induce labor or increase labor contractions once labor has started; also used postpartum to decrease bleeding	
▾ DOSE/ROUTE	
IV-10 units is added to 1000ml of IV solution. This makes 10milliunits/1ml. In the hospital, the pump is usually set at ml of pitocin/min. This is usually between 2 - 20 ml/min.	
⊖ SIDE EFFECTS	
Edema, neonatal jaundice, increased contractions, increased incidence of uterine rupture, increased incidence of fetal distress, water intoxication, possible increase in the rate of C-sections	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Percocet

+ USE	Medication Reference Cards
Narcotic for moderate to severe pain	
▾ DOSE/ROUTE	
5mg/325mg tablet, 1 - 2 tables every 4 hours as needed for pain	
⊖ SIDE EFFECTS	
May damage the liver, headache, rash, lower blood sugars, decrease respiratory rate, depress the circulatory system, euphoria, constipation	
▾ PRECAUTIONS	
Be careful if there are already underlying breathing problems, constipation, or liver problems.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

RhoGAM

+ USE	Medication Reference Cards
Given to women who are RH negative, this helps prevent hemolytic disease in the newborn in subsequent pregnancies.	
▾ DOSE/ROUTE	
One injection is usually given at 28 weeks pregnant; also after amniocentesis and a miscarriage. Another injection is given within 72 hours after birth.	
⊖ SIDE EFFECTS	
Fever, redness, pain at sight of injection	
▾ PRECAUTIONS	
This is a product of human blood and like all blood products may carry the risk of blood borne diseases.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Pitocin

(continued)

⚠ PRECAUTIONS

This is considered a high alert drug. Use caution when the position of the baby is unfavorable or there is fetal distress.

ℹ DOULA CONSIDERATIONS

Your client will need to be more closely monitored if using pitocin.

♥ DOULA ACTIONS

Comfort: The pain of contractions tend to be stronger than normal contractions so make sure you pay attention to how your client is handling the contractions and give help when needed. If using pitocin, your client will need to have an IV and EFM. Make sure you plan to find ways to allow your client to move with these interventions in place if desired. Movement should still be a part of your clients plans.

Education/Communication: Before your client uses pitocin, make sure she understands how that will impact her labor and plan accordingly. Discuss other methods of induction and how to help labor progress with your client and her care provider. Make sure your client is able to make her desires known.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Penicillin

(continued)

ℹ DOULA CONSIDERATIONS

There may be long term implications of taking antibiotics for both the mother and the infant. Make sure your client discusses these with her doctor if she is concerned. Some medical providers will prescribe probiotics after antibiotics are taken.

♥ DOULA ACTIONS

Comfort:

Pain- take measures to decrease the pain of the IV. Warm or cold compresses may help. Decreasing the rate of the IV may also help.

Mobility- this may briefly be impaired. Encourage movement if needed and assist if the IV is in the way.

Nausea- be prepared to help with nausea or vomiting.

Education/communication:

Facilitate a discussion between the care provider and your client on the pros and cons of using antibiotics and any other alternatives. Discuss using the IV only for the amount of time that the antibiotics are infusing.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

RhoGAM

(continued)

ℹ DOULA CONSIDERATIONS

If you have a client that is Jehovah's Witness, they will probably decline the shot.

♥ DOULA ACTIONS

Comfort:

Pay attention to anxiety before, during, and after getting the shot. Many women have a fear of needles and shots and will need extra care given. Heat or ice can be put on the injection site to relieve pain.

Education/communication:

Make sure your client discusses the pros and cons with her health care providers.

Referrals:

If you have a client that is Jehovah's Witness, they may want to discuss this with ministers in their church.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Percocet

(continued)

ℹ DOULA CONSIDERATIONS

This is a combination of acetaminophen and oxycodone and is excreted in breast milk. Alcohol increases the effect of this drug.

♥ DOULA ACTIONS

Comfort:

If client desires more natural methods of relieving pain (heat, massage, visualizations) offer these to her.

Education/communication:

Educate on alternate methods of pain relief if desired. Help client communicate with her care provider about her needs for pain relief and what she would prefer.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Rubella

⊕ USE	Medication Reference Cards
Given to produce antibodies against rubella which can cause a serious disease in the newborn	
▾ DOSE/ROUTE	
Injection given to those who are not up to date on their shots; it is usually given after birth if immunity is questioned.	
⊖ SIDE EFFECTS	
Injection given during pregnancy to those who are not up to date on their shots.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Terbutaline

⊕ USE	Medication Reference Cards
Used to stop preterm labor	
▾ DOSE/ROUTE	
Given by injection under the skin; 0.25mg every 20-60min until contractions stop; may be given orally 2.5-7.5mg every 6 hours	
⊖ SIDE EFFECTS	
Increases the heart rate, can cause chest pain, decrease blood pressure, tremors, restlessness, anxiety, nausea vomiting, shortness of breath, heart attack	
▾ PRECAUTIONS	
Do not use if there is a hemorrhage or with pre-eclampsia. Do not use if underlying heart problems are an issue.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Stadol

⊕ USE	Medication Reference Cards
Narcotic for moderate to severe pain	
▾ DOSE/ROUTE	
IV 1 - 2mg	
⊖ SIDE EFFECTS	
Respiratory depression, dizziness, feeling of unhappiness, respiratory depression in babies, headache, anxiety, rash	
▾ PRECAUTIONS	
Do not use within two hours of birth.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Toradol

⊕ USE	Medication Reference Cards
Used for moderate to severe pain relief and inflammation	
▾ DOSE/ROUTE	
Usually given IV 30mg every 6 - 8 hours (max daily dose is 120mg)	
⊖ SIDE EFFECTS	
Drowsiness, headache, nausea, stomach pain, constipation, dizziness	
▾ PRECAUTIONS	
Take precaution when using toradol and muscle relaxants together, it may cause pauses in breathing. Side effects are increased when used with salicylates and probenecid.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

Terbutaline

(continued)

DOULA CONSIDERATIONS

The use of terbutaline for preterm labor is being discouraged by the FDA.

DOULA ACTIONS

Comfort:

Be prepared to help with the feelings of restlessness and anxiety caused by this medication.

Deep breathing and visualizations may be especially helpful.

May also need to help alleviate or work through fears related to preterm labor.

Education/Communication:

Help client discuss any concerns or questions with her care provider.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Rubella

(continued)

PRECAUTIONS

Do not administer during pregnancy and avoid getting pregnant one month after injection. Can cause problems with the growing fetus.

DOULA CONSIDERATIONS

RhoGAM can interfere with developing immunity to Rubella.

DOULA ACTIONS

Comfort:

Pay attention to anxiety before, during, and after getting the shot. Many women have a fear of needles and shots and will need extra care given.

Heat or ice can be put on the injection site to relieve pain.

Education/communication:

Make sure your client discusses the pros and cons with her health care providers.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Toradol

(continued)

DOULA CONSIDERATIONS

Medication for blood pressure and diuretics may not work as well when taking toradol.

DOULA ACTIONS

Comfort:

Assess for pain. Offer comfort care if desired.

More support during movement may be needed if your client is drowsy or dizzy.

Offer help decreasing pain if your client experiences a headache.

Education/Communication:

Discuss alternative methods of pain relief with the care provider if your client desires.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Stadol

(continued)

DOULA CONSIDERATIONS

Stadol has been found in small amounts in breast milk.

DOULA ACTIONS

Comfort:

Client may need more help with movement due to dizziness.

Assess mood for depression and help as needed.

Assess anxiety and help as needed.

Education/communication:

Discuss alternative methods of pain relief with care provider if desired by client. Make sure your client has informed consent.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

Tucks Pads

⊕ USE	Medication Reference Cards
Pads soaked in witch hazel; used to relieve the pain of lacerations/hemorrhoids	
☰ DOSE/ROUTE	
May be used externally 6 times a day, after birth, these are placed on a pad in the underwear lining.	
⊖ SIDE EFFECTS	
Rash, irritation, burning	
∇ PRECAUTIONS	
No notable precautions	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

(BLANK)

Zofran

⊕ USE	Medication Reference Cards
Used to decrease nausea and vomiting during and after labor	
☰ DOSE/ROUTE	
4mg given via IV or as an injection	
⊖ SIDE EFFECTS	
Dizziness, headache, diarrhea, dry mouth, constipation, rash, fatigue, blurred vision, temporary blindness	
∇ PRECAUTIONS	
This is considered safe to take during pregnancy.	

(continued on back ↗)

©2015 New Beginnings Childbirth Services, All rights reserved.

(BLANK)

Zofran

(continued)

ⓘ DOULA CONSIDERATIONS

Headache is a very common side effect and you should be prepared to help with this afterward.

♥ DOULA ACTIONS

Comfort:

Assess for headache afterward and offer comfort care for this. This can cause sedation or dizziness which may make movement during labor more difficult.
Be prepared to offer more support when moving.
Be prepared to provide support if your client experiences fatigue.

Education/Communication:

Discuss alternative ways of dealing with nausea/vomiting with your client and their care provider if desired. Make sure informed consent is obtained.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

(BLANK)

Tucks Pads

(continued)

ⓘ DOULA CONSIDERATIONS

This can feel cold when first applied, so warn your client.

♥ DOULA ACTIONS

Comfort:

You can also place Tucks on a pre-soaked pad that is frozen. This also helps with any pain.

DISCLAIMER: DOULAS ARE NON-MEDICAL LABOR SUPPORT. THE INFORMATION PRESENTED HERE IS FOR REFERENCE PURPOSES ONLY. IT SHOULD NOT BE USED IN PLACE OF THE COUNSEL OF COMPETENT MEDICAL PROFESSIONALS.

(BLANK)