

3 MYTHS & FACTS

Blissful Birth
— DOULA SERVICES —

MYTH #1

I CAN'T HAVE SEX DURING PREGNANCY

Your baby is surrounded with cushy amniotic fluid so as long as you don't have any placental problems or preterm labor you should be safe!

MYTH #2

I NEED TO RUSH TO THE HOSPITAL IF MY WATER BREAKS

Having your waters break is no emergency. If the waters are green or brown tinged or has a foul smell, it is best to consult with your provider. Some studies suggest that labor will start with in 24 hours.

MYTH #3

ONCE A C-SECTION ALWAYS A C-SECTION

ACOG suggests that a VBAC (vaginal birth after cesarean) is a safe and appropriate choice for most women who have had a prior cesarean delivery, including some women who have had two previous cesareans.

FACT #1

BREECH BABIES CAN BE BORN VAGINALLY

Vaginal Breech Birth should be an option given to most women. Unfortunately, there is not adequate training in breech delivery anymore so the providers who are comfortable with it are few.

** Fun fact- Pushing on all fours is the preferred method for breech delivery.

FACT #2

YOU DON'T NEED CERVICAL CHECKS

No evidence shows benefits of cervical checks during pregnancy. In fact there are studies that suggest an increase risk of PROM (Premature Rupture of Membranes).

**Fun Fact- Your cervix is not a crystal ball.

FACT #3

YOUR VAGINA WILL HEAL

Vaginas are meant to stretch. It may not go back to the same shape, you may have some bruising and tears but you will see improvement in a few days.

**Fun Fact- Scheduling an elective c-section won't change the effects of relaxin on your pelvic floor.