

Mayo Clinic's Medical Edge

Birth Plans

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	YOU DUE DATE IS JUST A COUPLE OF WEEKS AWAY, AND YOU'RE READY. IF IT'S YOUR FIRST BABY, YOU'VE PROBABLY HEARD LOTS OF STORIES ABOUT WHAT TO EXPECT IN THE DELIVERY ROOM.
Mary Murry, Certified Nurse Midwife	"IT DOESN'T MATTER IF GREAT AUNT IRIS, OR SISTER JOSIE, OR YOUR MOMMA TELLS YOU THAT IT'S GOING TO BE LIKE THIS OR GOING TO BE LIKE THAT. IT'S SO INDIVIDUALIZED THAT YOU CAN'T SAY THAT YOUR EXPERIENCE WILL BE LIKE ANYBODY ELSE'S."
	MARY MURRY IS A CERTIFIED

	<p>NURSE MIDWIFE AT MAYO CLINIC. SHE HAS HER PATIENTS DEVELOP A BIRTH PLAN, TO FIND OUT WHAT THEIR GOALS ARE...</p>
Mary Murry	<p>“DO THEY WANT TO GO WITHOUT ANY MEDICINE? DO THEY WANT TO WAIT AND SEE HOW IT’S GOING? DO THEY KNOW FOR SURE THEY WANT AN EPIDURAL? THAT LETS US KNOW WHAT THEY WANT.”</p>
	<p>IT ALSO LETS YOU KNOW THAT THERE ARE CHOICES. YOU DON’T HAVE TO WAIT FOR SOMEBODY TO TELL YOU SOMETHING, BUT THAT THERE ARE DECISIONS YOU CAN MAKE BEFOREHAND.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>

