Dear Parents,

Welcome to South Miami Hospital’s Center for Women & Infants. Thank you for choosing us as your partners for this very special event in your life.

Our goal is for the parents to have a memorable, positive and, most importantly, safe birth experience. For this reason, the hospital has developed guidelines and responsibilities for using a doula.

Doulas may help the patient with her emotional and physical comfort needs during the labor process, but may not perform clinical or technical skills. Following are the guidelines for doula assistance:

1. The doula may be in the labor room at all times. The doula is counted as one of the three support people allowed in the labor room. If the patient is receiving an epidural, all visitors including the doula, are asked to step out of the room during placement.

2. The doula may help with various types of relaxation techniques, such as:
   - Aromatherapy
   - Breathing exercises
   - Massage therapy
   - Guided imagery
   - Birthing ball technique
   - Reflexology
   - Positioning suggestions

3. The doula may assist with the patient’s shower as long as the doctor’s orders have been given and the patient is not on continuous fetal monitoring.

4. The doula may not give the patient anything to eat or drink unless cleared by the nurse or doctor.

5. The doula may not dispense medications, including natural or herbal products.

6. The doula may assist the patient with ambulation, use of a birth ball and other techniques or positioning (such as knee chest) to facilitate labor, if the patient’s condition allows.

7. The doula must not touch the fetal monitoring equipment, epidural pump, IV pump, or any other medical equipment in the delivery room. If adjustments are needed, the primary nurse must be advised.

8. If a C-section is necessary, one support person will be allowed to accompany the patient to the Operating Room. The patient will decide who that person will be.

The purpose of a doula is to provide extra support and dedication to the patient in order to have a positive birth experience. Safety is the number one priority. If at any time these guidelines are violated, the doctor and nursing staff reserve the right to ask the doula to leave the birthing suite.

We look forward to providing you with a memorable, positive and safe experience. Once again, thank you for choosing South Miami Hospital.