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*"If you believe you can, you probably can. If you believe you won't, you most assuredly won't."*

- Denis Waitley

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## Pain Medication Preference Scale

Adapted from *The Birth Partner* by Penny Simkin, P.T.

*The following scale can be useful in determining your feelings about the use of pharmaceutical pain relief during labor. You may also want to explore your partner's feelings about medication.*

+10	I do not want to feel any sensations during labor. If possible I would prefer to have anesthesia before the onset of labor or to be unconscious for the birth.
+9	I have fears about the sensations of labor and birth. I have doubts that I will be able to cope with contractions and I need my birth attendants to provide total pain relief.
+7	I would like to have anesthesia as soon as possible during labor, but I realize that I may experience some discomfort at some point.
+5	I plan to have an epidural before reaching transition (7-8cm), preferably after labor is well established. Until then I am willing to use other comfort measures or narcotic analgesics.
+3	I plan to use pain medications during labor but not until I feel as if pain relief is necessary. Natural childbirth is not a goal for me.
0	I have no opinion or preference regarding the use of medication during labor.
-3	I prefer to avoid pain medications but only if my labor is short and easy. I will not be disappointed if I choose to use pain medication at some point in my labor.
-5	I have a strong desire to avoid pain medication because it is safer for my baby. I will actively prepare for natural childbirth through independent childbirth education courses. If my labor is complicated or difficult, I may choose to use pain medications, but I do not want anyone to suggest them to me, and I would like to try alternatives first.
-7	I am planning a natural childbirth for both the safety of my baby and for my own sense of empowerment. I do not want pain medications suggested to me and I would like my support team to try to talk me out of them if I request them.
-9	I would like my care provider and support team to deny my requests for medication in labor.
-10	I wish to refuse all medications even if a complication arises that requires surgical assistance for the safety of my baby or myself.

I most closely identify with the description of \_\_\_\_\_ above.

Is there anything else you'd like to add? \_\_\_\_\_

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