## My Water Broke But I'm Not in Labor...What Should I Do?

## **Consider this:**

- \* Your medical mindset and values \*
- \* Your health care provider's mindset and values \*
  - \* Your health status \*
  - \* Your intentions for labor and birth \*

Options	Wait for Labor To Begin On Its Own	Wait at Home Induce in 24-48 hours	Wait at Hospital Induce in 12-24 hours	Induce Now
<b>+</b>				
Your Mindset & Values	Minimalist Naturalism Doubter			Maximalist Technology Believer
Your HCPs Mindset & Values	Minimalist Naturalism Doubter			Maximalist Technology Believer
Health Status	GBS Negative			GBS Positive
Intentions	Low Tech Self Comfort Techr	niques		High Tech Epidural