

9. During labour and birth, it is recommended that your baby's heartbeat is monitored...

- ☐ I prefer to have intermittent fetal heart rate monitoring with a handheld device
- ☐ I prefer to have continuous fetal heart rate monitoring using a CTG machine
- ☐ if I need continuous monitoring I would like to be mobile and use wireless monitoring if available
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more

You can learn more about fetal monitoring by reading the content on labour and birth, either in the app or in your maternity booklet.

My thoughts, feelings and questions:

10. During labour, your midwife and/or doctor may offer/recommend vaginal examinations to assess the progress of your labour...

- ☐ I am aware of why vaginal examinations are offered as part of routine care
- ☐ I prefer to avoid vaginal examinations if possible
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more

Vaginal examinations are offered as a routine part of assessing labour progress and will not be undertaken without your consent.

My thoughts, feelings and questions:
