

#### **The Spurrell Family Part 4: Wavey, Alan, and Mark**

Wavey sees you (her doctor) in the labour/delivery room. She tells you she has been having lower back pain and some lower abdominal cramping. She also tells you she passed some heavy mucus last night, and since then the abdominal cramping has gotten more regular and painful.

Alan is at Wavey's side. He looks concerned and wonders if this is "it". He is just home for the past four days and is very happy that he will not miss his child's birth. This is the second time that Wavey had thought she was in labour. She had called you a week ago to tell you that she was having contractions and asked when she should go to the hospital.

You tell them that Wavey is in the early stages of labor. Her contractions are spaced apart 20-25 minutes apart and the non-stress test reveals a normal tracing.

Wavey progresses into good labor and stays in the labour and delivery unit. She wants a natural birth with minimal medications, as per her birthing plan.

She labours for 18 hours with Alan and her mother at her side supporting her. Alan's grandmother is also present but remains quietly in the background offering encouragement once in awhile. With minimal medications, on December 15 at 2:30 a.m. in the morning their baby boy is born weighing 7 pounds, 2 ounces. He cries at birth. Alan cuts the umbilical cord and is a very proud Dad. Baby's apgars are 9 at 1 minute and 10 at 5 minutes. Baby is put skin to skin. The placenta is delivered and Wavey's small tear requires 2 stitches.

You examine the baby and he is healthy and vigorous. The nurses provide routine post delivery newborn care.

Wavey starts breastfeeding, with good latching and production of colostrum.

Wavey and baby Mark stay overnight in the hospital. They are discharged home at 3 o'clock based on routine discharge processes, with directions to both parents about caring for Mom and Baby. Alan brings in the baby's car seat for safe transportation of the baby.