

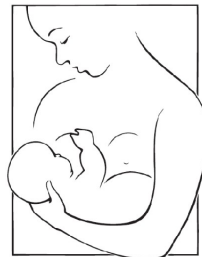
What is a Doula?



A doula is a specially trained labor support person who provides comfort and support to a woman and her partner during labor and birth. A doula does not replace a midwife, doctor, or nurse, who provide the medical care of a patient. UNC Healthcare is proud to provide doula services to families free of charge at NC Women's Hospital.

Doula

UNC Healthcare Volunteer Doulas
providing comfort and support for women during childbirth



North Carolina Maternity Center
**Breastfeeding-Friendly
Designation**

**For more information about UNC
Healthcare Volunteer Doula Service:**

Visit www.NCHealthyWoman.org
and click on the Doula link,
or send an email to:
Doula@unchealth.unc.edu


N.C. Women's Hospital
is proud to be a

Baby Friendly Hospital

N. C. Women's Hospital | 101 Manning Drive
Chapel Hill, North Carolina 27514



UNC Healthcare Volunteer Doula Service

 **UNC**
HEALTH CARE
WOMEN'S CARE

Doula Service FAQ

Is there a cost for a UNC Volunteer Doula?

No! UNC doulas are free of charge.

Does a doula replace my nurse, midwife or doctor?

No. A doula does not provide medical care. Your doula is there to provide you with comfort and support.

What can a doula do to help me during labor?

A doula will stay with you during your labor, providing you with reassurance, encouragement and continuous physical and emotional support. A doula can assist in comfort measures like relaxation, breathing, massage, and positioning.

Can a doula improve my labor and birth experience?

Yes, research shows that continuous labor support can:

- ◆ Shorten labor
- ◆ Reduce the need for labor-inducing medications
- ◆ Reduce the need for pain medication or epidural
- ◆ Reduce the incidence of cesarean delivery
- ◆ Improve bonding with baby
- ◆ Increase mom's satisfaction with her birth experience

Will a doula make decisions for me?

No. Doulas are not medically trained. During labor, a doula is there to help you have the birth you desire, supporting you through any medically necessary changes.

What if I want an epidural?

This is between you, and your midwife or doctor, and your nurse. A doula is there to support *your* decisions! Even after an epidural, a doula can still benefit you through continuous support.

How can a doula help my partner?

A doula can help partners participate more fully in the birth. A doula can help the mother when the partner is tired or needs to leave the room. A doula can also lend reassuring words to both mother and partner when the situation seems overwhelming.



Can a doula help me after birth?

A doula can help to promote early bonding between you and your baby. A doula can assist you with skin-to-skin time with your new baby and/or with breastfeeding.

What about doula availability?

Tell your nurse to call a doula for you when you are admitted to labor & delivery. We try our best to have a doula available but cannot always guarantee one.

Could I request a Spanish speaking doula?

Yes, at your arrival to Labor & Delivery you can let our nurses know if you would prefer a Spanish speaking doula.