

The safe childbirth checklist: if needed, inform the obstetrician and the anesthesiologist

1. Healthy: yes / **no**: major previous illness
 - does it affect the vital functions: breathing, circulation, consciousness, bleeding
 - for example congenital heart disease, serious lung disease, coagulopathy, metabolic disorders, facial anomalies, CP, mental retardation, arthritis rheumatoides, muscular disorder, neurological disorder, etc.
2. Current medications: no / **yes**: what
3. Normal weight or mildly over weight = ok
 - if **BMI > 40 > 50, inform the obstetrician**
 - if **BMI > 60, inform the anesthesiologist**
 - if **morbidly obese** (=problems): for example weight > 140kg, **inform the anesthesiologist** (problems breathing/ oxygenating, no iv, no neck, mouth opening poorly, airway management problems? technically challenging regional anesthesia, requires time so inform the anesthesiologist: epidural as soon as the labor is in progress, confirm first with the obstetrician: labor in progress, no contraindications for the analgesia)
4. Airway normal: yes / **no** : **inform the anesthesiologist**
 - **make sure that the mouth opens and the neck bends, if problems, ask the anesthesiologist**
 - the mouth must open so that three (3) fingers could be inserted, there should also be space for three fingers under the chin and the neck should be able to bend backwards
 - if there is a problem or if you don't know how to evaluate the patient, call the anesthesiologist
5. Allergies or anaphylaxis: no / **yes: if allergy to anesthetics, inform the anesthesiologist** immediately
6. Problems in the pregnancy: no / yes
 - serious toxemia, coagulation or bleeding problems
 - **tromb < 100** no / yes: inform the obstetrician, anesthesiologist if needed
7. Hb before labor (or current)
 - blood type, antigens: neg / **pos**: availability of blood products
 - Hb < 100: consult the obstetrician on the need to reserve blood products, inform anesthesiologist if needed
8. Bleeding: no / yes
 - yes > 1 liter: inform the obstetrician
 - yes > 2 liters: inform the obstetrician, use iv fluids, blood products if needed, inform the anesthesiologist if needed
 - yes > 3 liters: inform the anesthesiologist
9. Working iv
 - what fluids are and have been given (oxytocin? yes / no)
 - no / no need / not able to perform, if needed, inform the anesthesiologist
10. Eating / drinking
 - eaten within 6, or drank within 3 hours: risk for aspiration if need for general anesthesia