



Ask your nurse to call a doula for you when you are admitted to labor & delivery.

[www.NCHealthyWoman.org](http://www.NCHealthyWoman.org)  
and click on “Birth Doulas”

N.C. Women’s Hospital is proud to be a Baby Friendly Hospital



**Birth Partners**  
*UNC Volunteer Doula Program*

A doula is a specially trained labor support person who provides comfort and support to a woman and her partner during labor and birth.

*N. C. Women’s Hospital | 101 Manning Drive*

*Chapel Hill, North Carolina 27514*

*doula@unchealth.unc.edu*



*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 physical and emotional support.



## 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 chance of cesarean birth
- Improve bonding with baby
- Increase mom's satisfaction with her birth experience

\*Hodnett ED, Gates S, Hofmeyr GJ, Sakala C. Continuous support for women during childbirth. *Cochrane Database Sys Rev.* 2013;7:CD003766.

*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 provide you with meaningful 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.

