

SECTION XXX: Delivery Room Nursing

PART A: LABOR [DISC TWO: TRACK 16]

1. My name is _____.	Mi nombre es _____.	mee/ NOME-bray/ ess/ ____
2. Have your labor pains started?	¿Ya le empezaron las contracciones?	YAH/ lay/ emm-pay-SAH-rohn/-lahs/ cone-track-SEE+OH-nays
3. How many minutes apart?	¿Cada cuántos minutos?	KAH-dah/ KWAN-tohs/ mee-NOO-tohs
4. Show me on your fingers.	Muéstreme con los dedos.	MWAYS-tray-may/ cone/ lohs/ DAY-dohs
5. Are they stronger now?	¿Son más fuertes ahora?	SOHN/ MAHS/ FWAIR-tays/ ah-OH-rah
6. You are in labor.	Ya está en trabajo de parto.	YAH/ ess-TAH/ enn/ trah-BAH-hoh/ day/ PAR-toh
7. You are not yet in labor.	Todavía no está en trabajo de parto.	toh-dah-VEE-ah/ noh/ ess-TAH/ enn/ trah-BAH-hoh/ day/ PAR-toh
8. Do you have pain: in your back? in your abdomen?	¿Tiene dolor: de espalda? de abdomen?	TEE+AY-nay/ doh-LOR/ day/ ess-PAHL-dah day/ ahb-DOH-men
9. This is for the pain.	Esto es para el dolor.	ESS-toh/ ess/ PAH-rah/ ell/ doh-LOR
10. Has your water bag broken?	¿Ya se le rompió la fuente?	YAH/ say/ lay/ rrom-PEE+OH/ lah/ FWEN-tay

SECTION XXX: Delivery Room Nursing (cont.)

PART A: LABOR (cont.)

11. Have you had any vaginal bleeding?	¿Ha sangrado por la vagina?	AH/ sahn-GRah-doh/ POR/ lah/ vah-HEE-nah
12. Remove your underwear so I can do a vaginal exam, please.	Quítese la ropa interior para hacerle un examen vaginal, por favor.	KEE-tay-say/ lah/ ROH-pah/ een-tair-REE+OR/ PAH-rah/ ah-SAIR-lay/ oon/ ek-SAH-men/ vah-hee-NAHL/ POR/ fah-VOR/
13. Sign the following permits, please, for:	Firme las siguientes autorizaciones, por favor, para:	FEAR-may/ lahs/ see-GEE+ENN-tays/ ow-toh-ree-sah-SEE+OH-nays/POR/ fah-VOR/ PAH-rah
delivery of your baby.	dar a luz.	dar/ ah/ LOOSE
circumcision.	hacerle la circuncisión.	ah-SAIR-lay/ lah/ seer-coon-see-SEE+OHN
an epidural.	ponerle anestesia local.	poh-NAIR-lay/ ah-nays-TAY-see+ah
care of your infant.	que su bebé reciba cuidados médicos	kay/ soo/ bay-BAY/ rray-SEE-bah/ kwee-DAH-dohs/ MAY-dee-kohs

SECTION XXX: Delivery Room Nursing (cont.)

PART A: LABOR (cont.)

14. Do you have a pediatrician?	¿Tiene un pediatra?	TEE+AY-nay/ oon/ pay-DEE+AH-trah
15. What is the pediatrician's name?	¿Cuál es el nombre del pediatra?	KWAL/ ess/ ell/ NOME-bray/ dell/ pay-DEE+AH-trah
16. I'm going to start an IV.	Voy a ponerle suero. (See note on "suero," page 97.)	VOY/ ah/ poh-NAIR-lay/ SWAY-roh
17. This will help you relax.	Esto va a ayudarle a relajarse.	ESS-toh/ vah/ ah/ ah-you-DAR-lay/ ah/ rray-lah-HAR-say
18. Do you want something for pain?	¿Quiere algo para el dolor?	KEE+AY-ray/ ALL-goh/ PAH-rah/ ell/ doh-LOR
19. I'm going to give you an injection in your back.	Voy a ponerle una inyección en la espalda.	VOY/ ah/ poh-NAIR-lay/ OO-nah/ een-yeck-SEE+OHN/ enn/ lah/ ess-PAHL-dah
20. You need anesthesia.	Usted necesita anestesia.	oose-TED/ nay-say-SEE-tah/ ah-nays-TAY-see+ah
21. It is time to move you to the delivery room.	Es hora de llevarla a la sala de partos.	ess/ OH-rah/ day/ yay-VAR-lah/ ah/ lah/ SAH-lah/ day/ PAR-tohs

SECTION XXX: Delivery Room Nursing (cont.)

PART B: DELIVERY [DISC TWO: TRACK 17]

1. Let me check for dilatation.	Voy a examinarle su dilatación.	VOY/ ah/ ex-sah-mee-NAR-lay/ soo/ dee-lah-tah-SEE+OHN
2. Lie down.	Acuéstese.	ah-KWAYS-tay-say
3. Get on your left side.	Póngase del lado izquierdo.	POHN-gah-say/ dell/ LAH-doh/ eese-KEE+AIR-doh
4. Get on your right side.	Póngase del lado derecho.	POHN-gah-say/ dell/ LAH-doh/ day-RAY-choh
5. Your cervix is not dilated yet.	Todavía no ha dilatado.	toh-dah-VEE-ah/ noh/ ah/ dee-lah-TAH-doh
6. It's going to be a while.	Falta mucho.	FAHL-tah/ MOO-choh
7. It won't be long.	No falta mucho.	NOH/ FAHL-tah/ MOO-choh
8. You are ready for delivery.	Está lista para dar a luz.	ess-TAH/ LEES-tah/ PAH-rah/ DAR/ ah/ LOOSE
9. The nurse will get you ready.	La enfermera va a prepararla.	lah/ enn-fair-MAY-rah/ VAH/ ah/ pray-pah-RAR-lah
10. Would you like your husband to be here?	¿Quiere que su esposo esté aquí?	KEE+AY-ray/ kay/ soo/ ess-POH-soh/ ess-TAY/ ah-KEE

SECTION XXX: Delivery Room Nursing (cont.)

PART B: DELIVERY (cont.)

11. Would you like someone to be with you?	¿Quiere que alguien esté aquí con usted?	KEE+AY-ray/ kay/ ALL-gee+enn/ ess-TAY/ ah-KEE/ cone/ oose-TED
12. Relax.	Relájese.	rray-LAH-hay-say
13. Relax your body and all your muscles.	Relaje el cuerpo y todos los músculos.	rray-LAH-hay/ ell/ KWAIR-poh/ ee/ TOH-dohs/ loh/s/ MOOS-koo-lohs
14. Put your feet up in the stirrups.	Ponga los pies en los estribos.	POHN-gah/ loh/s/ PEE+AYS/ enn/ loh/s/ ess-TREE-bohs
15. Spread your legs and knees apart.	Separe las piernas y rodillas:	say-PAH-ray/ lahs/ PEE+AIR-nahs/ ee/ rroh-DEE-yahs
16. Open your legs more.	Separe más las piernas.	say-PAH-ray/ MAHS/ lahs/ PEE+AIR-nahs
17. Do you need: a pillow? a blanket? ice chips?	¿Necesita: una almohada? una cobija? (See note on "cobija," page 97.) un cubo de hielo?	nay-say-SEE-tah OO-nah/ all-moh-AH-dah OO-nah/ koh-BEE-hah oon/ KOO-boh/ day/ EE+AY-loh

SECTION XX: Delivery Room Nursing (cont.)

PART B: DELIVERY (cont.)

18. Lift your head and look down.	Levante la cabeza y toque el pecho con su barbilla.	lay-VAHN-tay/ lah/ kah-BAY-sah/ ee/ TOH-kay/ ell/ PAY-choh/ cone/ soo/ bar-BEE-yah
19. Breath in through your nose and out through your mouth.	Respire por la nariz y sople por la boca.	rrays-PEE-ray/ POR/ lah/ nah-REESE/ ee/ SOH-play/ POR/ lah/ BOH-kah
20. Do like this. (show how)	Haga así.	AH-gah/ ah-SEE
21. Breath with me.	Respire como yo.	rrays-PEE-ray/ KOH-moh/ YOH
22. Grab my hand.	Tome mi mano.	TOH-may/ MEE/ MAH-noh
23. Only push when I tell you.	Puje sólo cuando le diga.	POO-hay/ SOH-loh/ KWAN-doh/ lay/ DEE-gah
24. Pull your legs and push.	Jálese las piernas y puje.	HAH-lay-say/ lahs/ PEE+AIR-nahs/ ee/ POO-hay
25. Breath in and push.	Respire hondo y puje.	rrays-PEE-ray/ OHN-doh/ ee/ POO-hay
26. Push!	¡Puje!	POO-hay
27. Don't push!	¡No puje!	NOH/ POO-hay
28. I see the head.	Veo la cabeza.	VAY-oh/ lah/ kah-BAY-sah

SPANISH FOR LABOR & DELIVERY

SECTION XXX Delivery Room Nursing (cont.)

PART B: DELIVERY (cont.)

29. Everything is going well. * Todo va bien. TOH-doh/ vah/ BEE+ENN

* NOTE: Often you will hear women say the following:
 "¿Falta mucho?" (FAHL-tah/MOO-choh) to which you can reply:
 or No falta mucho. (NOH/FAHL-tah/MOO-choh) = It won't be long.
 No sé. (NOH/SAY) = I do not know.
 "No puedo." (NOH/PWAY-doh) to which you can reply: Sí puede. (SEE/PWAY-day) = Yes, you can!
 or
 "¡Ayúdeme!" (ah-YOU-day-may) to which you can reply:
 or No se preocupe. (NOH/say/pray+oh-KOO-pay) = Don't worry.
 Aquí estoy. (ah-KEE/ess-TOY) = I'm here.
 El doctor ya viene. (ell/doak-TOR/yah/VEE+AY-nay) = The doctor is coming.
 "¿Ya?" (YAH) which means "Already?" or "Now?". Do not use the English "Yeah" for "yes" because they might think that it is over--the baby is out.

30. The baby is in the breech position.	El bebé viene de nalgas.	ell/ bay-BAY/VEE+AY-nay/ day/ NAHL-gahs
31. We have to do a cesarian.	Tenemos que hacerle cesárea.	tay-NAY-mohs/ kay/ ah-SAIR-lay/ say-SAH-ray+ah
32. Congratulations.	¡Felicidades!	fay-lee-see-DAH-days
33. It's a boy.	Es un niño.	ESS/ oon/ NEE-nyoh
34. It's a girl.	Es una niña.	ESS/ OO-nah/ NEE-nyah

SPANISH FOR LABOR & DELIVERY