

A breath away from stress

COMFORT MENU



Welcome to Pomona Valley Hospital Medical Center's Women's Center. Our goal is to exceed your needs and birthing experience expectations by making your stay as comfortable as possible. This Comfort Menu is designed to help you and your health care team make decisions to enhance your comfort throughout your stay. **Please let your nurse know if you would like to request any of these items from our menu!**

Comfort Actions

- Sound therapy
- Guided imagery therapy
- Bed repositioning
- A walk in the hall
- Gentle stretching and/or range-of-motion exercises

Depending on your individual plan of care, some of these items may be restricted for a time until your condition improves.

Relaxation

- Guided breathing exercises
- Extra pillow (neck, knees, ankles)
- Heat therapy (heating pack)
- Cold therapy (ice pack)
- Acupressure
- Aromatherapy patches (orange, lavender or peppermint)
- Shower
- Uninterrupted sleep time
- Room temperature change
- Dim lights

Comfort Items

- Warm blanket
- Warm washcloth
- Fresh gown
- Grooming items such as lip balm, a toothbrush, toothpaste, lotion and shampoo
- Tissue
- Socks
- Hair-tie
- Ice chips
- Hot tea
- Paddle hand fan

