**Algorithm for the Management of Second Stage of Labor**

**Encourage the woman to listen to her body. Many women without an epidural still experience a period of physiologic rest before having an urge to push. Allow rest and hydration during this time. Encourage the woman to push for as long as seems natural with each contraction. Open glottis pushing is preferable to “purple pushing” or “counting to 10” while holding breath. If pushing seems ineffective, advise 3 to 4 pushing efforts of 6 to 8 seconds in length, per contraction. Provide continuous nursing presence when pushing.**

**If no urge to push, consider 1 to 2 hours of passive descent. If not already done, consider use of peanut ball if available.**

**Evaluate pushing. Open glottis pushing is preferable to “purple pushing” or “counting to 10” while holding breath. However, women with epidurals may need more coaching and may find holding their breath while pushing to be more effective. If pushing seems ineffective, advise 3 to 4 pushing efforts of 6 to 8 seconds in length, per contraction. Provide continuous nursing presence when pushing.**

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