

## BIRTH PLAN

Name: \_\_\_\_\_

Address: \_\_\_\_\_

My Due Date: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Caregiver: \_\_\_\_\_

### BIRTH ATTENDANTS

I'd like the following people to be present during labor and/or birth:

- Partner \_\_\_\_\_
- Doula \_\_\_\_\_
- Children \_\_\_\_\_
- Other \_\_\_\_\_

In the first hour after birth I'd like the following people to be present:

- Partner \_\_\_\_\_
- Doula \_\_\_\_\_
- Children \_\_\_\_\_
- Other \_\_\_\_\_

### LABOR

I would like:

- A quiet environment
- To play my own choice of music
- To dim the lights and/ or use candles
- To wear my own clothes during labor and birth
- To eat light snacks and drink fluids
- Not to have an IV
- To be examined internally as little as possible, only when absolutely necessary
- To be monitored intermittently rather than continuously, using a fetal monitor
- To be free to choose labor positions or activities eg. Using birth ball, walking, squatting etc.
- To have my partner/ others take pictures or video during labor and birth

Other requests: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PAIN RELIEF**

I'd like to try the following non-medical pain relief techniques:

- Water – bath / shower
- Breathing techniques
- Hot or cold packs
- Massage
- TENS machine

If I choose to use pain medication, I'd prefer the following, but only if I request it:

- Entonox gas
- Pethidine
- Standard epidural
- Mobile epidural

Other requests: \_\_\_\_\_

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**LABOR AUGMENTATION**

- I do not wish to have the amniotic membrane ruptured artificially unless absolutely necessary.
- If labor is not progressing adequately, I want to try changing my birthing position and other natural methods such as walking around and nipple stimulation before drugs are administered.
- I would prefer to have the amniotic membrane ruptured before other methods of induction are used.

**CAESAREAN BIRTH**

- I have requested a C-section.
- If a Caesarean birth is necessary, I would like to be informed about the reasons
- I would like \_\_\_\_\_ (birth partner and/or doula) \_\_\_\_\_ to be present at all times.
- I would prefer to be conscious during the procedure
- I would like to be able to see the baby as soon as s/he emerges
- I would like my partner to hold the baby immediately, assuming no medical attention is required.
- I would like to commence breastfeeding as soon as possible.

Other requests: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## VAGINAL BIRTH

At moment of birth, assuming baby and I are both progressing well, I'd like to:

- Push spontaneously
- Try any of the following positions: upright / squatting / side lying / hands and knees or any other position of my choosing.
- No episiotomy, I'd rather risk a tear
- I would like local anesthetic before any tear is repaired

Other requests: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

After the birth, I would like:

- To hold my baby, skin-to-skin, immediately. Any non-urgent procedures can be delayed.
- To delay clamping the umbilical cord until it stops pulsating
- My partner to cut the cord
- Not to get routine oxytocin / pitocin after the birth of the placenta
- To breastfeed as soon as possible.
- All procedures to the baby to take place in the presence of my partner or myself
- To AVOID the following routine procedures, unless I give my consent:
  - Suctioning
  - Eye-drops
  - Weighing
  - Bathing
  - Circumcision
  - Vaccinations
  - Blood tests
- To have the baby by my bedside, not in a nursery

## FEEDING

Breastfeeding is the normal way to feed a baby.

I plan to: (choose)

- Breastfeed exclusively
- Combine breastfeeding and formula feeding

- Formula feed exclusively
- I would prefer to express breast milk for my baby, if I am unable to breastfeed at first.
- If I am unable to breastfeed immediately, I would like my baby cup fed, no bottles or teats.
- I wish to feed my baby on demand.
- I would like advice and support from lactation consultants.

**CIRCUMCISION**

If my baby is a boy:

- I do NOT want him circumcised
- I do want him circumcised

**DISCHARGE**

- I would like to go home as soon as possible.