

Live Well



Birth Plan Worksheet

I/We understand that birth is a natural process that cannot be 'planned.' This document contains our wishes for care during labor and birth.

Mother's Name:

Partner's Name:

Baby's Name:

Attendants

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

Labor induction/augmentation

If I go past my due date and there are no health risks for me or my baby, I would prefer:

- Not to be induced
- To be induced

If induction is necessary, I would prefer trying the following methods to induce labor: (chose any of the following):

- Stripping or breaking the membranes
- Breast stimulation
- Walking
- Pitocin

- Protoglandin

Amenities

I'd like to:

- bring music
- dim the lights
- wear my own clothes during labor and delivery
- take pictures and/or video during labor and delivery

Hospital Admission and Procedures

Admission

- I'd like the option of returning home if I'm not in active labor.
- I'd like to remain in the hospital for early labor.

Once I'm admitted, I'd like:

- my partner to be allowed to stay with me at all times
- only my practitioner, nurse, and guests to be present (i.e., no residents, medical students, or other hospital personnel)
- to try to stay hydrated by drinking clear fluids instead of having an IV
- to have a heparin or saline lock (IV)
- to walk and move around as I choose

Interventions

As long as the baby and I are doing fine, I'd like to:

- have intermittent rather than continuous electronic fetal monitoring
- If continuous monitoring is necessary, I would like a wireless (telemetry) monitor if it is available.
- be allowed to progress free of time limits and have my labor augmented only if necessary

Labor Props

If available, I'd like to try a:

- birthing stool or chair
- birthing ball

- squatting bar
- birthing pool or bath tub

Pain Relief

I plan to:

- Have no medications for pain relief.
- Have IV medications for pain relief.
- Have an epidural for pain relief.
- I'm not sure yet.

I would like staff to:

- Check in with me about my pain relief options during labor
- Please don't offer me pain medication. I'll request it if I need it.

- I plan to use natural pain-management techniques including: breathing techniques/distraction, acupressure, bath/shower, hot/cold therapy, self-hypnosis, massage, medication
other: _____

Pushing

When it's time to push, I'd like to:

- do so instinctively
- be coached on when to push and for how long
- be allowed to progress free of stringent time limits as long as my baby and I are doing fine
- I'd like to try the different positions for pushing (and birth) including: semi-reclining, side-lying, squatting, and hands and knees.

Vaginal Birth

During delivery, I'd like:

- to view the birth using a mirror
- to touch my baby's head as it crowns
- the room to be as quiet as possible
- my partner to help "catch" our baby

After birth, I'd like:

- to hold my baby right away, putting off any procedures that aren't urgent
- to breastfeed as soon as possible
- not to get oxytocin (Pitocin) after I deliver the placenta unless it's necessary

- to wait until the umbilical cord stops pulsating before it's clamped and cut
- my partner to cut the umbilical cord

Cesarean Birth

If I have a c-section, I'd like:

- my partner present at all times during the operation
- the screen lowered a bit so I can see my baby being delivered
- the baby to be given to my partner as soon as he's dried, if appropriate
- to be skin-to-skin with my baby in the operating room
- to breastfeed my baby in the operating and/or recovery room

Cord Blood Banking

I'm planning to:

- donate cord blood to a public bank (if available at my hospital)
- bank cord blood privately
- neither

Postpartum

After delivery, I'd like:

- all newborn procedures to take place in my presence
- my partner to stay with the baby at all times if I can't be there

I'd like:

- 24-hour rooming-in with my baby
- my baby to room-in with me only when I'm awake
- my baby brought to me for feedings only
- to make my decision later depending on how I'm feeling
- my other children brought in to see me and meet the new baby as soon as possible after the birth.

Feeding

I plan to:

- breastfeed exclusively
- combine breastfeeding and formula-feeding
- formula-feed exclusively

Do *not* offer my baby:

- formula

- sugar water
- a pacifier

Routine Medications

I would like my baby to have the following newborn medications:

- Erythromycin eye ointment
- Vitamin K injection
- Hepatitis B vaccine

Circumcision

If my baby's a boy:

- I want him to be circumcised at the hospital
- I'll have him circumcised later
- I don't want him circumcised

Discharge

I'd like to:

- be discharged from the hospital with my baby as soon as possible
- stay at the hospital as long as possible
- wait and see how I feel before deciding about the timing of hospital discharge