



## Birth Plan Worksheet

NAME: \_\_\_\_\_

### ATTENDANTS

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

- Partner: \_\_\_\_\_
- Friend/s: \_\_\_\_\_
- Relative/s: \_\_\_\_\_
- Doula: \_\_\_\_\_
- Children: \_\_\_\_\_

### 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 & PROCEDURES

- I'd like the option of returning home if I'm not in active 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 wear my contact lenses, as long as I don't need a c-section
- to eat if I wish to
- to try to stay hydrated by drinking clear fluids instead of having an IV
- to have a heparin or saline lock
- to walk and move around as I choose

### OTHER INTERVENTIONS

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

- have intermittent rather than continuous electronic fetal monitoring
- be allowed to progress free of stringent time limits and have my labor augmented only if necessary

## LABOR PROPS

If available, I'd like to try a:

- birthing stool
- birthing chair
- squatting bar
- birthing pool/tub

I'd like to bring the following equipment with me:

- birthing stool
- beanbag chair
- birthing pool/tub
- other: \_\_\_\_\_

## PAIN RELIEF

I'd like to try the following pain-management techniques:

- acupressure
  - bath/shower
  - breathing techniques/distraction
  - hot/cold therapy
  - self-hypnosis
  - massage
  - medication
  - other: \_\_\_\_\_
- Please don't offer me pain medication. I'll request it if I need it.

If I decide I want medicinal pain relief, I'd prefer:

- regional analgesia (an epidural and/or spinal block)
- systemic medication

## 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 following positions for pushing (and birth):

- semi-reclining
- side-lying position
- squatting
- hands and knees
- whatever feels right at the time

## 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
- to give birth without an episiotomy
- 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

## C-SECTION

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 breastfeed my baby in the recovery room

## CORD BLOOD BANKING

I'm planning to:

- donate cord blood to a public bank
- 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
- to stay in a private room
- to have a cot provided for my partner

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 ISSUES**

I plan to:

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

Do *not* offer my baby:

- formula
- sugar water
- a pacifier

### **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