

# My Birth Plan

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Name:  Partner's name:

Doctor's or midwife's name:  Today's date:

This birth plan is a guide for my labor and delivery. Since childbirth does not always go as planned, some of this birth plan may change.

## Place and People

I would like to deliver my baby:

- In a hospital:  (Name, phone number)
- In a birthing center:
- At home.

I would like my baby to be delivered by:

- My family doctor:  (Name)
- My obstetrician:
- My midwife:
- My perinatologist:

I'd like these people to be with me during labor and birth:

- Partner:  (Names)
- Friend(s):
- Family:
- Doula:

## During Labor

I'd like to be able to go back home if I'm not in active labor.

After I've been admitted, I'd prefer:

To eat if I wish to.

To drink clear fluids instead of having an IV.

To walk and move around if I can.

I'd like to try:

A birthing chair.

A birthing stool.

A squatting bar.

A birthing tub or pool.

When the time comes to push, I'd like to:

Be coached on when to push and for how long.

Push when I feel I need to (instinctively).

I'd prefer to use the following position(s):

Half lying down (semi-reclining)

Squatting

Lying on my side

Whatever feels best at the time

I'd like to use the following for pain management:

Acupressure

Breathing techniques

Self-hypnosis

Massage

Medicine

Other:

Please do not offer me pain medicine. I'll ask for it if I need it.

If I decide to use medicine for pain, I prefer:

- Epidural anesthesia.
- Local anesthesia.
- Pudendal or paracervical block.
- A narcotic.

### **Birth**

I would like to:

- Take all possible steps to avoid an episiotomy.
- View the birth using a mirror.
- Have my partner help "catch" the baby.

After the birth, I'd like to:

- Hold my baby right away, before any procedures that are not urgent.
- Breast-feed as soon as possible.
- Have my partner cut the umbilical cord.

### **C-Section**

If I have a C-section, I:

- Would like to see my baby coming out.
- Would like my partner present during the operation.

### **After the Birth**

After delivering the baby, I'd like to:

- Have my partner be with the baby whenever I can't be.
- Stay in a private room.
- Have my partner stay with me in my room.
- Breast-feed only.
- Bottle-feed with formula only.

Please offer my baby:

- Formula.
- Pacifier.
- Nothing without my permission.

I'd like my baby to be:

- In my room 24 hours a day.
- In my room only when I'm awake.
- With me only for feeding.
- With me based on how well I feel at the time.

If I have a baby boy:

- I'd like him circumcised at the hospital.
- I'll have him circumcised later.
- I will not have him circumcised.
- I'll decide about circumcision later.