



University of Colorado Hospital
 Children's Hospital Colorado
 University of Colorado School of Medicine

Collective Strength.
 One Focus.

University of Colorado Hospital Birth Wishes

My name _____ Partner's name _____

Obstetrical Provider Team _____

I understand my health care team at University of Colorado Hospital will honor my birth wishes as much as possible. Our main goal is a healthy mom, healthy baby and satisfying birth experience.

Labor support person/people _____

I have hired a doula ___ Name of doula _____

My childbirth preparation consisted of (classes, reading) _____

Labor wishes:

- ___ No pain medication
- ___ Water labor
- ___ Nitrous Oxide
- ___ Epidural
- ___ IV pain medication
- ___ Vaginal Birth After Cesarean Section (VBAC)
- ___ Please don't ask me to rate my pain

After Birth:

- ___ Delayed cord clamping
- ___ Cord blood collection/banking
- ___ Skin to skin

Please have available for me:

- ___ Birth ball
- ___ Water labor (Tub)
- ___ Shower
- ___ Walking
- ___ Other: _____

I Plan:

- ___ Circumcision
- ___ Hepatitis B vaccine
- ___ Erythromycin eye ointment
- ___ Breastfeeding
- ___ Formula feeding

Discharge Planning:

We start planning for your discharge to home soon after you deliver. A typical stay range for a vaginal birth is 24-48 hours and 48-72 hours if you delivery by cesarean section.

Birth Control _____

Baby provider _____ Phone number _____

Special wishes/Preferences: _____