

My Birth Plan

BEFORE LABOR BEGINS

- I would like to discuss the option of induction before I reach my due date.
- If I go past my due date, I prefer to go into labor naturally rather than be induced.
- I would like the option of staying in the hospital regardless of my dilation.
- If I am less than 4 centimeters dilated, I would like the option of going home.

INDUCTION

- Breast stimulation
- Walking
- Herbs
- Enema
- Chiropractic
- Acupuncture

ATTENDANTS AND AMENITIES

- Partner
- Designated Attendant (Friend, relative)
- Doula
- Children
- Music
- Dim lighting
- Wear my own clothes during labor and delivery
- Take pictures and/or video during labor and delivery

PAIN RELIEF

- Breathing techniques and distraction
- Hot/cold therapy
- Massage

VAGINAL BIRTH

- View the birth using a mirror
- Touch my baby's head as it crowns
- Keep the room as quiet as possible
- Skin-to-skin contact
- Breastfeed as soon as possible
- Allow my partner/attendant cut the umbilical cord

LABOR

- My partner and/or designated attendant to be with me at all times
- Only my practitioner, nurse and guests present (no residents or medical students)
- Wear my contact lenses as long as I do not need a C-section
- Stay hydrated by drinking clear fluids during the first stage of labor
- Have a heparin or saline lock
- Walk and move about as much as possible
- Try nipple stimulation to induce contractions before beginning Pitocin
- Keep vaginal exams to a minimum
- Birthing mirror
- Birthing chair
- Birthing ball
- Birthing stool
- Be coached on when to push and for how long
- Semi-recline
- Side-lying position
- Please do not offer me pain medication.
- Regional analgesia (epidural, spinal block)
- Squatting
- Whatever feels right at the time
- As long as my baby and I are doing fine, I would like the pushing stage to progress free of time limits.
- I would like to avoid episiotomy unless it is required for baby's safe delivery.
- I would like my husband and/or attendant to support my legs during the pushing stage.

C-SECTION

- My partner/attendant should be present throughout the procedure.
- Lower the screen to allow me to see my baby come out.
- Breastfeed as soon as possible

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IMMEDIATELY AFTER DELIVERY,

I WOULD LIKE TO:

- Bank the cord blood
- Donate the cord blood
- Deliver the placenta spontaneously and without assistance
- Not be given Pitocin/oxytocin

POST-PARTUM, I WOULD LIKE:

- All routine newborn procedures to take place with my partner/attendant present if I cannot be there.
- All routine newborn procedures to take place only after bonding time with my baby.
- Newborn procedures to include a heel stick for screening tests beyond the PKU
- A hearing screening test to be conducted
- Newborn procedures to include a hepatitis B vaccine
- I would like my other children to see me and meet the new baby as soon as possible after birth.

PLEASE DON'T GIVE BABY:

- Vitamin K
- Antibiotic eye treatment
- Sugar water
- Formula
- A pacifier

I PLAN TO:

- Breastfeed exclusively
- Combine breastfeeding and formula feeding
- Formula-feed exclusively

THE FOLLOWING CAN BE PROVIDED TO MY BABY:

- Formula
- Sugar water (for comfort during circumcision)
- Pacifier brought from home
- Please check with me before providing by baby with anything.

I WOULD LIKE TO FEED MY BABY:

- On demand
- On a schedule

IF MY BABY IS A BOY:

- I would like him circumcised at the hospital.
- I do not want him circumcised.