

Birth Plan/Birth Desires

These are our preferences in the case of an uncomplicated labor. If a complication (medical emergency) does arise, we will, of course, do whatever is necessary to keep mother and baby safe. We trust that you will inform us if any problems come up so that we can discuss the choices to be made and choose our new plan of action before any procedures are permitted. We take our responsibility of being good parents very seriously and want to do what is best for our baby.

Over the past few months, we have tried to prepare for the arrival of our baby by learning about childbirth. We are well prepared and have done everything we can to stay healthy and low risk during this pregnancy. We are looking forward to a beautiful, natural birth.

The concept of informed consent is very important to us. Matt will be the birth advocate, and will be providing physical and emotional support throughout the entire labor and delivery process. If at any time the medical conditions warrant an intervention, we are willing to discuss the proposed intervention as well as the possible alternatives.

Here are some guidelines that describe the birth experience we desire for ourselves and our baby, barring any unforeseen complications. We respectfully request that you consider our wishes and do not deviate from this plan without our consent. Thank you for your support in helping us to reach these goals!

Labor support : Matt, husband and father to be. He is to stay by my side at all times, even in an emergency.

IVs, Food & Beverages: I would like to be able to drink and eat light snacks during labor rather than having an IV to stay hydrated.

Monitoring: As long as the baby and I are doing fine, I would like to have intermittent fetal monitoring (*10 mins on; 1 hr off*). I would prefer to not have internal EFM, unless absolutely necessary.

I would prefer to have **vaginal examinations** only upon admittance, before pushing and at my request.

I would like to **wear my own clothes** for labor.

I would prefer **no artificial rupturing of membranes** without first explaining why and getting my permission.

Except for an emergency, **I do not wish for my labor to be augmented.**

We are looking forward to having a **natural childbirth**. Please do not offer me pain medication. Instead, I would like to try pain-management techniques and **move around the room freely.**

I would prefer for there to be **no time limitations** on the length of my labor or pushing as long as baby and I are doing fine.

When it is **time to push**, I would like to do so instinctively and in whatever position(s) feel best to me.

If it seems that the baby is stuck in the birth canal, I would like to be fully informed of all my options, including alternative uses to forceps or a vacuum extractor. **I would like to give birth without the use of a vacuum or forceps.**

I would like to give birth **without an episiotomy**, unless one is medically necessary, in which case, please obtain our consent first before performing a pressure episiotomy. Please use a local anesthetic after if stitches are needed.

If a **cesarean** becomes medically necessary, it must be done only after I have given informed consent. We (I) want to discuss any problems and the associated risks unless there is an immediate medical emergency. In the unlikely event of a c-section, I would like to have skin-to-skin contact with the baby as soon as possible.

Please see back page for newborn procedures.

Newborn Procedures:

Immediately following delivery, I would like to do **skin to skin with the baby** as well **as breastfeed upon birth**, putting off any and all procedures that aren't urgent.

I would like to allow the **cord to stop pulsating** before it is cut and I would like my **husband to be given the option of cutting it**.

I would prefer that all **newborn procedures** be done in the room with the baby on my chest. If I cannot be there, I would like for my husband to be there holding the baby during the procedure(s).

I plan **to breastfeed exclusively**. Please do not offer our baby formula, sugar water, or pacifiers.

We would like the **baby to room in with us** for our duration at the hospital.

We would like the baby to receive the **vitamin k shot and the eye ointment** at the hospital while in our arms. We would also like the eye ointment to be **delayed 1 hour** so as not to interfere with initial bonding.

We would like for our son to be **circumcised** and made note of that on our pre-admittance papers.

We would like to be able to **leave the hospital** as soon as possible, as long as mom and baby are doing well.

Please call our pediatrician to let them know our baby has arrived:

Thank you for your kind attention. We look forward to sharing this experience with your staff team!