

Birth Plan Checklist

Now is a good time to go through a birth plan checklist. A birth plan is a road map for your entire childbirth experience, beginning to end. It's your chance to let everyone involved (doctors, nurses, partners) know what you want the experience to be. Use your birth plan to chart the course of labor and delivery, but remember you may have to take alternate routes occasionally depending on conditions.

1. Where will the birth take place?

- Hospital
- Birthing center
- Home
- Other: _____

2. Who will be there for labor support?

- Husband or significant other
- Doula
- Friend
- Family member

3. Will any room modifications or equipment be required to increase your mental and physical comfort?

- Objects from home, such as pictures and a blanket and pillow
- Lighting adjustments
- Music
- Video or photos of birth
- Other: _____

4. Do you have any special requests for labor prep procedures?

- Forgo enema
- Self-administer the enema
- Forgo shaving
- Shave self
- Heparin lock instead of routine IV line
- Other: _____

5. What do you want to eat and drink during labor?

- A light snack
- Water, sports drink, or other appropriate beverage
- Ice chips
- Other: _____

6. Do you want pain medication?

- Analgesic, such as Stadol, Demerol, or Nubain
- Epidural
- Other: _____

7. What nonpharmaceutical pain relief equipment might you want access to?

- Hydrotherapy, such as a shower or whirlpool
- Warm compresses
- Birth ball
- Other: _____

8. What interventions would you like to avoid unless deemed a medical necessity by your provider during labor? Specify your preferred alternatives.

- Episiotomy
- Forceps
- Internal fetal monitoring
- Pitocin (oxytocin)
- Other: _____

9. What would you like your first face-to-face with your baby to be like?

- Hold off on all nonessential treatment, evaluation, and tests for a specified time.
- If immediate tests and evaluation is necessary, you, your partner, or another support person will accompany the baby.
- Want to nurse immediately following birth.
- Would like family members to meet the baby immediately following birth.
- Other: _____

10. If a Caesarean section is required, what is important to you and your partner?

- Type of anesthesia (e.g., general vs. spinal block)
- Having partner or another support person present
- Spending time with the baby immediately following procedure
- Bonding with the baby in the recovery room
- Type of postoperative pain relief and nursing considerations
- Other: _____

11. Do you have a preference for who cuts the cord?

- You
- Your partner
- Provider

12. When would you like the cut to be performed?

- Delay until cord stops pulsing.
- Cord blood will be banked. Cut per banking guidelines.
- Cut at provider's discretion.
- Other: _____

13. What kind of postpartum care will you and the baby have at the hospital?

- Baby will room-in with mom.
- Baby will sleep in the nursery at night.
- Baby will breastfeed.
- Baby will bottle feed.
- Baby will not be fed any supplemental formula and/or glucose water unless medically indicated.
- Baby will not be given a pacifier.
- Other: _____

14. What are your considerations for after discharge?

- Support and short-term care for siblings
- Support if you've had a Caesarean
- Maternity leave
- Other: _____