

My Birth Plan

Every birth is different. What can you plan for? More than you think. Print and fill out this birth plan to prepare yourself (as much as possible) for delivery. Discuss these preferences with your OB or midwife so you can decide which options are best for you and your baby.

My Name: _____

Partner's Name: _____

OB/Midwife's Name: _____

Doula/Birthing Coach's Name: _____

My Baby-to-Be's Name: _____
(OPTIONAL)

Expected Due Date: _____

Labor Preparation / Preferences:

I have completed the following:

- Consent forms (if applicable) Insurance forms Cord blood materials and instructions Other: _____

Please note that I:

- Have group B strep
 Am Rh incompatible with baby
 Am positive for herpes
 Have gestational diabetes
 Other: _____
 None of the above

My preferred delivery method is:

- Vaginal
 Have had a prior C-section
 Have had prior surgery on my uterus
 C-section (if checked, move to page 2)

If I have a vaginal birth, I want:

- To view the birth using a mirror
 To touch my baby's head as it crowns
 For the hospital staff to help me with pushing techniques
 To be able to feel the urge before starting to push

Delivery room environment preferences:

- Dim lighting
 Birthing ball
 Music
 Minimal sound
 Blankets and/or photos from home
 Aromatherapy scents that I will provide
 Photos taken by: _____
 Other: _____

Help for managing labor discomfort:

- Natural techniques (such as a bath or shower, breathing techniques, hypnobirthing techniques or massage)
 Regional analgesia (an epidural and/or spinal block)
 Please don't offer me pain medicine. I'll request it if I need it
 Other: _____

I want these people in the delivery room:

- Partner: _____
 Parents: _____
 Doula: _____
 Friend: _____
 Other family member: _____

Planning for the Unexpected:

The idea of something not going as planned is probably the last thing you want to think about. Fortunately, talking to your OB or midwife ahead of time can help you plan for the unexpected and understand the decisions you may have to make.

If my doctor or midwife believes induction is necessary, I would prefer the following:

Options to help prepare my cervix (also referred to as cervical ripening):

- Cervical ripening vaginal insert
- Pill (misoprostol/Cytotec®) not FDA approved
- Catheter
- Other: _____

Options to help with contractions:

- IV drip (oxytocin/Pitocin®)
- Nipple stimulation
- Walking around
- My doctor or midwife will help break my water

If I need a C-section and it's not an emergency:

- If possible, I'd like to have a moment alone/with my partner/family/other to process this before having a C-section
- I'd like to have _____ present for the procedure
- I'd like to have a sheer screen to watch, if possible
- I'd like to have it explained as it happens
- I'd like to have music playing

In case of interventions such as vacuum, forceps or episiotomy, what requests can I make?

- If I need any of these procedures, please discuss with me beforehand
- I would prefer not to have an episiotomy unless medically necessary
- I would prefer not to have forceps used
- I would prefer not to have a vacuum used

After-delivery preferences:

Procedure for the umbilical cord:

- My partner (or _____) to cut the cord
- Delayed clamping and cutting of the cord (after it stops pulsating)
- Send it to the cord blood bank
Company name _____
- Blood Cord Both

Use of the placenta:

- Hospital to take
- Take home (there may be additional steps taken by the hospital for the release of your placenta)
- I want the placenta collected for banking
Company name _____

If my baby is a boy:

- I want my baby circumcised prior to leaving the hospital
- I do not want my baby circumcised prior to leaving the hospital

I want to hold my baby for the first time:

- Immediately after delivery (skin to skin)
- After being wiped clean
- After weighing and initially cleaning my baby
- I'd prefer not to hold my baby after childbirth
- Other: _____

I want to feed my baby with:

- Breast milk
 - I prefer my baby doesn't get any bottles
- Formula
- Both

I want to start breastfeeding:

- As soon as possible after delivery
- After discussing with lactation consultant
- When I feel comfortable

