

# my BIRTH PLAN

Name \_\_\_\_\_

## First stage of labor

### Comfort, Environment and Amenities

I'd like to:

- ☐ Have my partner with me at all times
- ☐ Only my practitioner, nurse and guests to be present (no residents, students or other personnel)
- ☐ Have the option of returning home if I'm not in active labor
- ☐ Dim the lights
- ☐ Eat
- ☐ Drink clear liquids instead of an IV
- ☐ Walk around and move as I choose
- ☐ Wear my own clothing
- ☐ Have peace and Quiet
- ☐ Listen to my own music
- ☐ Have minimal vaginal exams
- ☐ Take pictures and or video (Many hospitals no longer allow this. Make sure to ask before you do)
- ☐ Have intermittent monitoring rather than continuous monitoring
- ☐ Have external monitoring
- ☐ Have internal monitoring (depends on baby's condition)

Other: \_\_\_\_\_

### Pain management

I'd like to:

- ☐ Try non-medical methods such as position changes, walking, showering, massage birth ball
- ☐ Not be offered medication unless I request it
- ☐ IV pain medication
- ☐ Epidural
- ☐ Try a water birth
- ☐ Try the birthing pool (until active delivery)
- ☐ Breathing techniques / distraction

Other: \_\_\_\_\_

## Active Labor

### Vaginal Birth

I'd like to:

Have the following people allowed in my room:

---

---

---

NOT allow the following people in my room:

---

---

- ☐ Push as long as I want to (as long as baby and I are safe)
- ☐ Try different positions
- ☐ Push instinctively
- ☐ Be coached to push
- ☐ Use foot pedals
- ☐ Use the squat bar
- ☐ Use a mirror
- ☐ Touch my baby's head as he/she crowns
- ☐ Have the room as quiet as possible
- ☐ Not have an episiotomy
- ☐ Have my partner help "catch" the baby

### Induction / Cesarean Section

I'd like to:

- ☐ Use cervical ripening
- ☐ Pitocin
- ☐ Cytotec
- ☐ Break water
- ☐ Have my partner with me in the O.R.
- ☐ The screen lowered
- ☐ Have my partner be handed the baby as soon as possible
- ☐ Breast feed in the recovery room

Other: \_\_\_\_\_

## After Labor

I'd like to:

- ☐ Cut the cord
- ☐ Have my partner cut the cord
- ☐ Donate the cord blood
- ☐ Have all of baby's procedures done with me or my partner present
- ☐ Stay in a private room
- ☐ Hold my baby right after the delivery if possible
- ☐ Take baby to warmer immediately
- ☐ Room with my baby
- ☐ Breast feed ONLY
- ☐ Formula feed ONLY
- ☐ Combination breast feed and formula
- ☐ Use pacifiers
- ☐ Have circumcision done at the hospital
- ☐ Have my other children brought in to see me as soon as possible

Other: \_\_\_\_\_

It is important to discuss these options with your partner and your practitioner. If you do not understand something on this worksheet, ask your care provider and do some research - it will help you to better understand the birth process and certain methods that are available to you.

The purpose of a birth plan is to help you think about and decide what you want for your labor and delivery experience. A birth plan is an excellent way to communicate with your care providers while you are in labor.

Please notice that not all hospitals allow certain things.

Your health and the health of your baby come first and things might not always go according to plan.