

Serene Health OBGYN & Wellness

Birth Plan Worksheet

Name: _____

ATTENDANTS:

I would like the following people to be present during labor and/or birth:

Partner: _____

Friend/s: _____

Relative/s: _____

Doula: _____

Children: _____

AMENITIES:

I would like to:

- Bring music
- Dim the lights
- Wear my own clothes during labor and delivery
- Take pictures and/or video during labor and delivery

HOSPITAL ADMISSION & PROCEDURES:

- I would like the option of returning home if I am not in labor

Once I am admitted, I would like:

- My partner to be allowed to stay with me at all times
- Only my practitioner, nurse, and guests to be present (i.e., *no medical students, residents, or other hospital personnel*)
- To wear my contact lenses, as long as I don't need a C-Section
- To eat if I wish to
- To try to stay hydrated by drinking clear fluids instead of having an IV
- To have a saline heparin or saline lock
- To walk and move around as I choose

OTHER INTERVENTIONS:

As long as the baby and I are doing fine, I would like to:

- Have intermittent rather than continuous electronic fetal monitoring
- Be allowed to progress free of stringent time limits and have my labor augmented only if necessary

LABOR PROPS:

If available, I would like to try a:

- Squat bar
- Hydrotherapy

I would like to bring the following equipment with me:

- Birthing ball/peanut ball
- Birthing pool/tub
- Other: _____

PAIN RELIEF:

I would like to try the following pain-management techniques:

- Acupressure
- Bath/shower
- Breathing techniques/ distraction
- Hot/cold therapy
- Self-hypnosis
- Massage
- Medication
- Nitrous oxide
- Other: _____
- Please do not offer me any pain medication. I will request it if I need it.

If I decide that I do want pain relief, I would prefer:

- Regional analgesia (epidural and/or spinal block)
- IV pain medication

PUSHING:

When it's time to push, I'd like to:

- Do so instinctively
- Be coached in when to push and for how long
- Be allowed to progress free of stringent time limits as long as my baby and I are doing fine

I would like to try the following positions for pushing (and birth):

- Semi-reclining
- Side-lying position
- Squatting
- Hands and knees
- Whatever feels right at the time

VAGINAL BIRTH:

During delivery, I would like:

- To view the birth using a mirror
- To touch my baby's head as it crowns
- The room to be as quiet as possible
- To give birth without an episiotomy
- My partner to help "catch" our baby

After birth, I would like:

- To hold my baby right away, putting off any procedures that aren't urgent
- To breastfeed as soon as possible
- Not to get oxytocin (Pitocin) after I deliver the placenta unless it's necessary
- To wait until the umbilical cord stops pulsating before it's clamped and cut
- My partner to cut the umbilical cord

C-SECTION:

If I have a c-section, I would like:

- My partner present at all times during the operation
- The screen lowered a bit so I can see my baby being delivered
- The baby to be given to my partner as soon as he's dried, if appropriate
- To breastfeed my baby in the recovery room

CORD BLOOD BANKING:

I'm planning to:

- Donate cord blood to the public bank
- Bank cord blood privately
- Neither

POSTPARTUM:

After delivery, I would like:

- All newborn procedures to take place in my presence
- My partner to stay with the baby at all times if I can't be there
- To stay in a private room
- To have a cot provided for my partner

I would like:

- 24-hour rooming-in with my baby
- My baby to room-in with me only when I am awake
- My baby brought to me for feedings only
- To make my decision later depending on how I am feeling
- My other children brought in to see me and meet the new baby as soon as possible after birth

FEEDING ISSUES:

I plan to:

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

Please do **not** offer my baby:

- Formula
- Sugar water
- A pacifier

CIRCUMCISION:

If my baby is a boy:

- I want him to be circumcised at the hospital
- I will have him circumcised later
- I do not want him circumcised

DISCHARGE:

I would like to:

- Be discharged from the hospital with my baby as soon as possible
- Stay at the hospital as long as possible
- Wait and see how I feel before deciding about the timing of hospital discharge