



Use this birth plan to prepare yourself for delivery and communicate your wants and needs to your medical team.

Name: \_\_\_\_\_

Due Date: \_\_\_\_\_

Support Person: \_\_\_\_\_

Relationship: \_\_\_\_\_

Physician or Certified Nurse Midwife Name: \_\_\_\_\_

**My delivery is planned as:**

- Vaginal
- C-Section
- VBAC (Vaginal Birth After Cesarean)

**I would like to have these persons present during the birth**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Labor**

For comfort measures during labor, I would like to:

- |  |   |
|--|---|
| <input type="checkbox"/> Walk in the room/hall             | <input type="checkbox"/> Have clear liquids (water, juice, Jello) |
| <input type="checkbox"/> Use the birthing ball             | <input type="checkbox"/> Use shower                               |
| <input type="checkbox"/> Use heat/cold massage             | <input type="checkbox"/> Use squat bar                            |
| <input type="checkbox"/> Use water therapy (whirlpool/tub) | <input type="checkbox"/> Sit in rocker                            |
| <input type="checkbox"/> Use my own pillows                |   |

**I would like to wear:**

- |  |   |
|--|---|
| <input type="checkbox"/> Hospital gown | <input type="checkbox"/> My own clothes |
|--|---|

**Pain Control**

For pain control:

- |   |  |
|---|--|
| <input type="checkbox"/> I'm uncertain what I will want and plan to wait and see what I need. | <input type="checkbox"/> I am planning IV pain medication                    |
| <input type="checkbox"/> I strongly desire a drug-free birth                                  | <input type="checkbox"/> I am planning an epidural when I am in active labor |
| <input type="checkbox"/> I want to self-administer nitrous oxide (laughing gas) as I need it  |  |

**During the pushing phase of labor, I would like to:**

- Use the foot pedals
- Use the stirrups
- Use the squat bar
- Use whatever method is most comfortable at the time

**For intravenous access, I would prefer:**

- That upon admission, routine lab work will be drawn and at that time, tubing will remain in place and a saline lock created.
- If an IV must be connected, I do not want any pain medications administered through the IV without permission from me or my significant other.
- To be kept informed at all times regarding IV fluids I am receiving, medications and their purpose.

**If a C-Section is necessary:**

- I would like my partner to remain with me the entire time.
- I would like my partner or me to hold the baby as soon as possible.
- To breastfeed in the recovery room
- It is OK if family members see/hold our baby in the recovery room before I do.
- I would like only my partner to see/hold our baby in the recovery room.

**During birth:**

- I want to see the baby's head (in a mirror) as it crowns.
- I want to touch the baby's head as it crowns.
- I want my partner to help catch the baby. (if appropriate)

**Immediately after the delivery, I would like to:**

- Place baby skin-to-skin
- Wrap baby in blanket before holding
- Breastfeed my baby within the first hour
- Have my significant other cut the cord
- Have my baby's first bath in my room

**Feeding:**

- I plan to breastfeed
- Please assist me with nursing as soon as possible after the birth
- Please no supplemental formula to my baby without my permission.
- Please no pacifiers without my permission.
- I plan to bottle-feed my baby

**If I have a boy, I would like the baby to be circumcised:**

- Yes
- No

**I would like my newborn to:**

- Stay in my room as long as he/she is stable
- Have pictures taken in a special outfit I will provide

**Discharge Timing**

- I am planning the usual discharge timing (2 days for vaginal birth, 3 days for C-section)
- I would like early discharge 24 hours after delivery (discuss with baby's provider)

**I plan to attend, or have already attended, these classes during this pregnancy:**

- Early Pregnancy
- Baby Basics
- Basic Training for New Dads
- Breastfeeding Basics
- Childbirth Preparation

What is the best and/or worst thing about your previous labor and birth? Or other comments:

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