

# YOUR *Personalized* BIRTH PLAN

## BASIC DETAILS

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

Due date: \_\_\_\_\_

Doctor: \_\_\_\_\_

Support person(s): \_\_\_\_\_

## HEALTH INFO

Pregnancy Number: \_\_\_\_\_

Planned Birth Type: VAGINAL | C-SECTION

Strep B Positive: (YES | NO)

Gestational Diabetes: (YES | NO)

## LABOR PREFERENCES

### Movement

- Walk only in my room
- Walk the birth center hallways
- Use birth balls & peanut balls
- Shown position options

### Massage

- Counter pressure & massage
- Prefer not to be touched

### Breathing Techniques

- Breathe through labor pains on my own
- Coaching from labor nurse  
on how to breathe through labor pains

### Lighting & Temperature

- I prefer to keep my room light
- I prefer to keep my room dark
- I prefer to have a fan available

*Please let us know if you would like your room temperature changed or assistance with lighting!*

### Water & Music Therapy

- Use of whirlpool tub/shower
  - Intermittently
  - Up until delivery
- Prefer to not be in water
- Music/Sound during labor
- Quiet as possible

*Our labor room TVs offer nature scenes & calming music. Ask your nurse to show them to you.*

## STUDENTS IN OB

### (Doctor/Nursing/Anesthesia)

- I am willing to have students in the rooms
- I prefer no students in my room

## EPIDURAL/PAIN CONTROL

- Epidural for labor pain
- No** epidural for labor pain
- I have questions about an epidural
- Questions about what IV medications

## PRIVACY

- Prefer to wear my own clothes & undergarments
- No visitors during labor
- No visitors during my entire hospital stay
- I prefer my support person(s) to leave the room during personal cares/cervical exams

\*Name(s): \_\_\_\_\_

## DELIVERY PREFERENCES

- Mirror to watch pushing progress
- Push on back w/ assistance holding my legs & feet
- Try multiple positions
- Coached pushing techniques
- Room quiet as possible

## WHEN BABY IS BORN

- Support person to cut the umbilical cord
- I want to cut the umbilical cord
- Skin-to-skin immediately, if possible\*
- Baby to be dried off at the warmer before I hold him/her
- I plan to bottle feed
- I plan to breast feed
- I plan to pump
- I would like to see a lactation consultant during

*\*If you desire skin-to-skin with your baby, we will put baby on your chest as long as it is safe. Sometimes, babies need to be brought to the warmer for extra care, but we will hand your baby to you as soon as he/she is able!*

*\*Please note: We will do our best to meet your requests. However, please be aware that sometimes medical situations may alter your original plan to ensure the health and safety of you and your baby.*