

My Birth Plan

Your personal birth plan is important to us just as it is to you and your family. Below are some choices around some common labor and delivery topics. It is helpful for you to think about these choices and discuss them with your doctor or midwife before you are in labor. Please know that every birth is unique and not every choice is listed below. If you have other requests for your birth experience, you may add them in the space at the end. Be sure to also discuss those with your healthcare provider as well. We welcome you to include any religious or cultural considerations you would like us to know about as well. Please take time to speak with your doctor and nurse about your birth plan upon admission. It is important to remember that not all labors go as planned. We will do everything in our power to honor your choices. However, your safety and the safety of your baby may require a change to your birth plan.

My Labor Stay

- I do not want to be separated from my partner during labor or birth.
- I would like other persons to attend my labor: _____.
- I have hired a doula to be with me during labor.
- I would like to walk around - moving is important to me.
- I would like fetal monitoring at all times.
- I would like only periods of fetal monitoring, as guided by my health care provider(s).
- I would like to receive continuous IV fluids during labor.
- I do not want to receive continuous IV fluids during labor. I do want my medical team to obtain IV access upon admission, in case of an emergency.
- I would like to eat, as allowed until I am in active labor (6 cm. dilated).

Pain Management

- I would like to use hot or cold compresses for comfort.
- I would like to labor in the shower or tub for comfort.
- I would like the lighting in my room to be dim during labor.
- I would like to use music therapy. I will bring my own music to play during labor.
- I would like to use aromatherapy. I will bring my own flame-free source with me.
- I would like to labor without pain medication.
- I would like to try IV pain relief (medication) during early labor.
- I would like an epidural.

PATIENT STICKER

Tools to Help My Labor

I would like to use these tools to help me in labor:

- Birthing Ball
- Squat Bar
- Peanut Ball
- Birthing Stool

Labor Augmentation (Stimulation)

- I would prefer my labor not to be stimulated, unless indicated.
- My doctor or midwife may stimulate my labor.

When My Baby Arrives

- I would like a mirror present to view birth.
- I would like to be able to touch my baby's head as it crowns.
- I would like to avoid an episiotomy, unless medically indicated.
- I would like my partner to help catch the baby, if able.
- I would like my partner to cut the umbilical cord.
- I would like my baby to be brought to my chest for skin-to-skin contact at delivery.
- I would like cord clamping delayed, if at all possible, until the cord stops pulsating.
- I would like to begin to breastfeed right after my delivery.
- I would like to take my placenta home.

Other Requests:

**I know that these birthing plan choices will depend on my condition, and that of my baby.
If I change my mind about any of my choices while in labor, I will tell my healthcare team.**

**I also know that, if I agree to induction or stimulation of labor,
my birth plan may need to be changed for the safety of myself and my baby.**

I have discussed this birth plan with my physician/midwife.

Signature: _____ Date: _____

Physician/Midwife Signature: _____ Date: _____