Birth Plan Worksheet

NAME: ____________________________________________________________

ATTENDANTS
I'd like the following people to be present during labor and/or birth:

☐ Partner: __________________________________________________________
☐ Friend/s: _________________________________________________________
☐ Relative/s: _______________________________________________________
☐ Doula: __________________________________________________________
☐ Children: _________________________________________________________

AMENITIES
I'd 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'd like the option of returning home if I'm not in active labor.

Once I'm admitted, I'd 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 residents, medical students, 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 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'd 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'd like to try a:
- birthing stool
- birthing chair
- squatting bar
- birthing pool/tub

I'd like to bring the following equipment with me:
- birthing stool
- beanbag chair
- birthing pool/tub
- other: ____________________________________________________________

PAIN RELIEF
I'd like to try the following pain-management techniques:
- acupressure
- bath/shower
- breathing techniques/distraction
- hot/cold therapy
- self-hypnosis
- massage
- medication
- other: ____________________________________________________________

☐ Please don't offer me pain medication. I'll request it if I need it.

If I decide I want medicinal pain relief, I'd prefer:
- regional analgesia (an epidural and/or spinal block)
- systemic medication

PUSHING
When it's time to push, I'd like to:
- do so instinctively
- be coached on 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'd 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'd 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'd 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'd 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 a public bank
- bank cord blood privately
- neither

POSTPARTUM
After delivery, I'd 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'd like:
- 24-hour rooming-in with my baby
- my baby to room-in with me only when I'm awake
- my baby brought to me for feedings only
- to make my decision later depending on how I'm feeling
- my other children brought in to see me and meet the new baby as soon as possible after the birth.
**FEEDING ISSUES**
I plan to:
- [ ] breastfeed exclusively
- [ ] combine breastfeeding and formula-feeding
- [ ] formula-feed exclusively

Do *not* offer my baby:
- [ ] formula
- [ ] sugar water
- [ ] a pacifier

**CIRCUMCISION**
If my baby's a boy:
- [ ] I want him to be circumcised at the hospital
- [ ] I'll have him circumcised later
- [ ] I don't want him circumcised

**DISCHARGE**
I'd 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