

BIRTH PLAN

Full name: _____

Partner's name: _____

Doctor's name: _____

Please note that the following apply to me:

- GBS+
- RH negative
- Gestational diabetes
- VBAC
- Previous surgery _____

During labour I'd like:

- To wear my own clothes
- To wear the hospital clothes
- Music played
- The lights dimmed
- My partner to take pictures
- My partner to be present the entire time
- To eat and drink as approved by my doctor
- To stay hydrated with clear fluids and ice cubes
- To have unlimited freedom to move, use the birth ball, sit on chair
- As few interruptions as possible, and limit my visitors to only: (names) _____

I like foetal monitoring to be:

- Continuous monitoring (external)
- Intermittent
- Performed only if baby is not in distress

Catheterisation:

- Avoid at all cost
- Insertion acceptable after epidural
- Only in emergency

For pain relief I'd like to use:

- Nothing - as natural as possible
- Massage
- Epidural
- TENS
- Positioning
- Pethidine and phenegan
- Entonox gas
- Relaxation techniques
- Water (shower)
- Birth ball
- Only what I request at the time

Labour augmentation/induction:

- No induction
- No augmentation
- Do not rupture membranes
- Rupture of membranes is acceptable
- Will accept vaginal tablet
- Will accept the use of syntocinon

During delivery I would like to:

- Bear down in the position I feel comfortable
- Push spontaneously
- Push as directed
- Touch the head as it crowns
- Avoid forceps usage
- Avoid vacuum extraction
- Use whatever methods my doctor deems necessary
- Push without time limits, as long as the baby and I are not at risk

I would like an episiotomy:

- Rather than risk a tear
- Performed only as a last resort
- Performed as my doctor deems necessary
- Not performed, even if it means risking a tear

Immediately after delivery, I would like:

- My partner to cut the umbilical cord
- To do stem cell collection as pre-arranged by us
- I agree on syntocinon injection IM after delivery
- To keep the placenta for capsulation
- I want to do skin to skin contact immediately
- I want to hold my baby while the placenta is delivered
- If our baby can't be examined in my presence, I want my husband to be present
- The umbilical cord to be cut only after it stops pulsating (unless we use stem cells)

If a c-section is necessary, I would like:

- My partner to remain with me
- My partner to hold the baby as soon as possible
- To breastfeed in the recovery room

In event of baby admitted to NICU:

- I want my husband to accompany our baby to the unit
- I want to initiate breastfeeding as soon as possible

I would like:

- To breastfeed exclusively
- To formula feed exclusively
- Baby's first bath given in my presence
- Baby's medical exam and procedures given in my presence
- Baby to stay in my room at all times
- A circumcision if we have a boy
- My baby to receive Vitamin K
- My baby to receive Hepatitis B and BCG
- My baby to have a blood screening test