

YOUR BIRTH PLAN

Patient Name _____ Date _____ Physician _____

This is merely a tool to promote discussion between you and your doctor, BEFORE you are in labor. You can complete a new “wish list” at any time. Please complete the list as best you can and bring it to your next appointment.

Yes No Maybe

- Epidural
- Circumcision – done by ob on day 1 or 2 of term delivery after clearance by pediatrics, an optional procedure
- IV narcotics for pain (can make mother and baby “drowsy”)
- IV (need the site put in, can hold off on fluids if desired)
- Wear my own clothing
- Have as few people in room as possible, family/friend support. If not available talk about a doula.
- Play my own music, shower in early labor, low/lights quiet, aromatherapy
- Use a mirror to see the baby’s head while crowning (I want to “feel” the baby’s head)
- Dad cut cord (delayed clamping 30-60 sec is routine)
- Collect and save cord blood
- Save placenta (you may, but no proven benefit. Can have harm). Requires another person to immediately take it for processing after delivery
- Hold baby right away, skin to skin, and try breast feeding
- Preferences on exam timing, Pitocin*, and breaking the bag of waters which can augment labor
- Walk in early labor – some monitoring methods can help with this
- Use labor balls / changes in position
- Avoid episiotomy unless medically necessary
- We massage the perineum during the second stage to reduce tearing
- Avoid vacuum/ forceps delivery unless medically necessary
- Avoid cesarean unless medically necessary
- Elective induction if you are a candidate (often chosen to plan your birth)
- Second stage and pushing (we help coach the pushing stage and try positions that help you deliver. In some instances, baby can “labor down” without pushing if you have an epidural)
- Induction for medical reasons/pregnancy risk factors such as high blood pressure, post dates (done for safety of mom and baby, and to reduce the very low but possible risk of stillbirth)
- Elective cesarean (pick date 39-40 weeks, natural cesarean where you hold the baby skin-to-skin and breast feed during surgery)

** A word on Pitocin: a natural hormone that mimics your body’s labor. One third of labors have abnormalities-such as baby positioning & effectiveness of contractions. Labor abnormalities are more painful and exhausting to Mom and baby. Pitocin is used to correct these labor abnormalities in a safe and timely fashion. It is slowly given in a highly controlled fashion to mimic a normal, natural labor pattern. It is also used after delivery of the placenta to reduce the risk of hemorrhage post partum, a common complication even in the most low risk patient.*

Comments: _____