

# The Complete Birth Plan

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Mother: \_\_\_\_\_

Partner: \_\_\_\_\_

Birth Location: \_\_\_\_\_

## People

- I want my partner with me at all times
- Allow other family (including my children) to visit me:
  - In Labor and Delivery
  - In Post-Partum
- I only want my partner/guests, my practitioner and nurse in the room (please no medical students, interns, or unnecessary staff)
- I plan to have a midwife and/or doula present

## Monitoring

- I would like continuous fetal monitoring
- I prefer intermittent fetal monitoring if possible (usually every 15 minutes)
- I want to avoid an internal monitor if possible

## Amenities and Room Options

- I would like to have a private room
- I would like to have a private bathroom
- I would like to bring my own music
- I would like to dim the lights
- I would like to wear my own clothes

## Photo and Video Considerations

- I want no photos/video taken during labor and birth
- I want still photos taken during labor and birth (no video)
- I want a video taken during labor and birth
- I don't want photos/video of labor and birth, but do want a photo of the baby on my chest after delivery
- I want a photo of my partner cutting the umbilical cord (I should teach a nurse how to work my camera in advance!)

### Pain Options

- Please do not offer pain medication - I will ask if I need it
- I intend to have a low dose/"walking" epidural
- I intend to have a full dose epidural/spinal block
- If possible, I would prefer to use narcotic pain relief instead of an epidural
- If possible, I would prefer to receive my pain medication via air/gas
- If possible, I would prefer to receive my pain medication via IV
- I would like to try the following pain management techniques:
  - Acupressure
  - Bath/shower
  - Breathing techniques/distraction
  - Hot/cold therapy
  - Self-hypnosis
  - Massage

### During Labor

- I would like the option to go back home if we determine I am not in active labor
- I want to be free to move and walk around
- I would like to drink clear fluids instead of being hydrated through an IV
- I would like to have a heparin/saline lock
- I would like to be able to eat
- I want to wear my contacts/glasses unless I am unconscious or having a C-section

### Induction

- I do not want my water broken unless absolutely required
- I would like my water broken before trying other methods to induce labor
- I want to try natural methods of movement and position before getting Pitocin/oxycotin
- I want to use heat packs or warm compresses
- I would like to be free of stringent time limits

### Tearing vs An Episiotomy

- I want to avoid an episiotomy as much as possible
- I have been doing Kegels and/or perineal massage to help avoid a tear
- I would like to deliver in a position which helps avoid a tear
- I would like coaching on when and when not to push to help avoid tearing
- I am ok with having an episiotomy

### Cesarean Section

- I want to avoid a C-section unless absolutely necessary
- I want to be a part of the decision process
  - I want to get a second doctor's opinion if time allows
- I would NOT like my partner present for the C-section
- I would like the screen lowered so that I can see the delivery
- I would like the baby handed to my partner soon after delivery

### Delivery

- I want to use a mirror so that I can see the delivery
- I want one hand free to touch the baby's head during crowning
- I would like to push when I feel like it
- I would prefer to be coached on when to push and when not to
- I want to avoid assisted delivery tools (forceps and/or vacuum) if possible
- I want to be allowed to progress free of stringent time limits
- I want the room to be as quiet as possible
- I want my partner to help "catch" the baby

### Delivery Aids and Props

I would like to be free to use:

- A birthing stool
- A birthing chair
- A squatting bar
- A birthing tub/water
- A labor or exercise ball
- A bean bag chair

### Delivery Positions

I would like to try:

- A semi-reclining position
- Squatting
- On my hands and knees/all fours
- Side-lying in bed
- Leaning over a chair/birthing ball

### Soon After Delivery

- I would like my baby placed on my chest
- I would like to delay the baby's eye ointment if possible
- I prefer to urinate on my own (without a catheter)
- I do not want Pitocin given to help deliver the placenta

### The Umbilical Cord

- I would like for my partner to cut the cord
- I want to allow time for the cord to stop pulsating before it is cut  
(thus allowing the baby to get all the remaining cord blood)
- I would like a nurse to use our camera and take a photo of the cord being cut
- I intend to donate the cord blood
- I have arranged to bank the cord blood

### Post-Partum

- I want a private room
- I want a private bathroom
- I do not want to be separated from my baby during newborn procedures if possible
- I want my partner to be present with the baby if I cannot be
- I want a cot for my room
- I want a 24 hour rooming-in with my baby
- I want to room-in only when I am awake
- I want my baby brought to me only for feedings
- I will make my decision later based on how I am feeling
- I would like my other children brought in ASAP to meet the baby

### Newborn Procedures

- I want to delay the eye ointment for 24 hours
- I want to decline the eye ointment
- I want to decline the vitamin K injection
- I want to decline the Hepatitis B vaccine

### Circumcision

- I am having a girl
- I am having a boy and do not want him circumcised
- I am having a boy and want him circumcised at the hospital
  - I would like to be present, or have my partner present
- I am having my son circumcised after we leave the hospital

### Extra Considerations

- I want footprint impressions of my baby before leaving the hospital
- I would like photos taken of my baby, partner and I
- I would like to know what the hospital provides in regards to diapers, wipes, disposable panties, Tucks/Dermaplast, sitz bath, peri bottle, etc.

