



Mother, Baby and Me

BIRTH PLAN

Introduction of yourself

Example:

"Hello, I am Juana dela Cruz and accompanying me is my husband Juan. We understand the policies of the hospital and the changes in the Delivery Room set-up because of the pandemic, But in spite of the situation we're hoping for a natural childbirth without unnecessary intervention or the use of drugs. We appreciate your support with our birth preferences. This plan represents our preferences; however, we recognize that in the event of unforeseen difficulties it may need to be re-negotiated. In this eventuality please discuss all procedure options with us."

Labor Augmentation and/or Induction

- I would like to avoid an induction if at all possible
- If augmentation of labor is necessary, I would like to try alternative means of augmentation, such as walking or nipple stimulation before Pitocin or artificial rupture of membranes is attempted
- Please do not artificially rupture my membranes unless medically indicated

Labor

- Please allow only essential staff in the room (i.e. no residents, medical students or other personnel)
- I do not mind having medical or nursing students present during my labor
- I would prefer if staff entering the room would know and introduce themselves to me so that I know who they are
- Allow me to eat light throughout the labor if I wish to
- Allow me to hydrate by drinking (water, juice, ice chips) instead of having an IV
- If there is an option, please allow me to have a heplock instead of an IV in order to remain mobile
- I would like to be free to ambulate and use the bathroom as needed or desired
- If situation permits, I would like to have intermittent rather than continuous electronic fetal monitoring
- I would prefer to be monitored continuously
- I would like to play my own music during labor and delivery
- Please limit the number of vaginal exams
- I wish to labor freely in the shower or in the birthing tub
- If available, I would like to stay in a private room. Please have a cot provided for my partner

Anesthesia and Pain Medication

- Please don't offer me pain medication unless I ask for it
- I would like to have an epidural as soon as permissible
- If I decide I want pain relief, I would prefer an epidural instead of IV medications
- If I decide I want pain relief, I would prefer IV medications prior to getting an epidural
- Please don't offer me pain medication unless I ask for it
- I would like to have an epidural as soon as permissible
- If I decide I want pain relief, I would prefer an epidural instead of IV medications
- If I decide I want pain relief, I would prefer IV medications prior to getting an epidural

Vaginal Birth

- I would like a quiet, dimly lit, soothing environment during labor with minimal interruptions
- Even if I am fully dilated, I would like to start to feel the urge to push before beginning the pushing phase
- When it's time to push, please allow me to do so instinctively
- If the situation permits, I would like to be allowed to labor free of time limits

- When it's time to push, please coach me on when to push and for how long
- I would like to push and deliver in any position I like. Please help with finding different positions
- I would like to have a mirror available to view the birth
- I would like the option to touch my baby's head as it crowns
- I would like to avoid an episiotomy
- I prefer to have an episiotomy than to tear
- Please allow my partner to help "catch" our baby if at all possible
- I have decided to bank/donate our baby's umbilical cord blood
- Please show me the placenta after it is delivered
- I would like to take the placenta home with me
- I would like to record this wonderful experience with photographs and/or video if the hospital permits it

Cesarean Section Delivery

- If cesarean is necessary, and the situation permits, I would like to be fully informed of risks/benefits and alternatives to all procedures and actively participate in the decision making
- Please allow my partner to be present at all times during the cesarean
- Please explain the surgery step-by-step as it happens
- I would like to breastfeed my baby in the recovery room

Immediately Postpartum

- After delivery please place my baby skin to skin on my stomach/chest, postponing any procedures that aren't urgent
- I am planning to breastfeed exclusively
- I am planning to both breastfeed and formula feed
- I am planning to formula feed exclusively
- Please do not offer a pacifier to my baby
- Please perform all newborn procedures in my presence
- Please hold off bathing the baby until we have had a chance to bond
- I would like to postpone any testing or vaccinations until I have had a chance to bond with my baby
- I would like my son to be circumcised at the hospital
- I am not planning to have my son circumcised
- Assuming I feel up to it and we are healthy, my baby and I would like to be released from the hospital as soon as possible

Newborn Care

- I would like to regulate my baby's body temperature by skin to skin contact during the first hours
- I would like my son to be circumcised later
- I would not like my son circumcised
- Situation permitting, I would like to be discharged from the hospital early
- Please evaluate my baby and perform the bath at my bedside
- If my baby must go to the nursery, please allow my partner to accompany him/her at all times
- I would prefer to bathe my baby myself and at my discretion
- Please delay the eye ointment until we are well past the initial bonding period
- I would like to waive the administration of eye antibiotics
- I would prefer to have Vitamin K administered orally
- I would like to waive the administration of Vitamin K

Postpartum Care

- Assuming I feel up to it and we are healthy, my baby and I would like to be released from the hospital as soon as possible
- I would like to see a lactation specialist/nurse if they are available