

# Birth Plan



NAME: \_\_\_\_\_

## ATTENDANTS

The following people will be present during labour and/or birth:

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

Friend/s: \_\_\_\_\_

Relative/s: \_\_\_\_\_

Doula: \_\_\_\_\_

Children: \_\_\_\_\_

## HOSPITAL ADMISSION & PROCEDURES

- Only my LMC and support crew to be present (i.e. no 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
- No Vaginal Exam on admission
- No Continuous Fetal Monitoring on admission
- 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 labour augmented only if necessary

### DURING LABOUR AND BIRTH

I'd like to:

- Bring music
- Dim the lights
- Wear my own clothes during labour and birth
- Take photos and/or video during labour and birth

### LABOUR PROPS

If available, I'd like to try a

- Birthing stool
- Birthing ball
- Birthing pool
- Yoga mat

I will bring the following equipment with me: \_\_\_\_\_

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### PAIN RELIEF

I'd like to try the following pain-management techniques:

- Acupressure
- TENS
- Bath/shower
- Breathing techniques/distraction
- Hypnobirthing
- Massage
- Aromatherapy
- Homeopathy
- Pink Kit
- Other

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

If I decide I want pain medication I'd prefer:

- Epidural
- Pethidine
- Gas and air

#### 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):

- Side-lying position
- Squatting
- Hands and knees
- Semi-reclining
- Whatever feels right at the time

#### VAGINAL BIRTH

During birth, I'd like

- To view the birth using a mirror
- To touch the baby's head as it crowns
- The room to be as quiet as possible
- The room to be as dark as possible
- To give birth without an episiotomy
- My partner to "catch" our baby

After birth, I'd like:

- To have my baby skin-to-skin immediately for at least 60 mins but preferably longer

- Skin to skin even if baby needs some attention (attend to baby on my chest if needed)
- To breastfeed as soon as possible
- Not to get artificial oxytocin (i.e. Ecbofic) to birth the placenta – unless it's necessary
- To wait until the umbilical cord stops pulsating before it's clamped and cut
- To birth placenta before the umbilical cord is 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 born
- To have immediate skin-to-skin in theatre
- The baby to be given to my partner as soon as it is born
- To have delayed cord clamping – waiting till the cord has stopped pulsating
- To breastfeed my baby as soon as possible theatre / recovery

#### POSTPARTUM

After birth, 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 give vitamin K Orally / Injection

#### FEEDING

I plan to:

- Breastfeed exclusively
- Mix feed – combine breastfeeding with formula
- Formula feed exclusively

Do not offer my baby:

- Formula
- A pacifier

**POST BIRTH**

- I will stay in Hospital
- I will go home as soon as possible
- I will transfer to Warkworth
- I will transfer to Helensville
- I will transfer to Birth Care Parnell

**OTHER NOTES:**

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