

# Birth Plan

Name: \_\_\_\_\_

## LABOR/DELIVERY

GREEN if the answer is "yes!"  
RED if the answer is "definitely not"  
YELLOW if you need more counsel before making a decision

### MEDICATION:

- Antibiotics?
- Cervidil/Cervical dilators? (only if medically necessary)
- Epidural/Spinal?
- Hep lock?
- IV fluids?
- Nitrous Oxide?
- Pitocin/Labor induction? (only if medically necessary)

### EXAMS/INTERVENTION:

- Cervical exams?
- Episiotomy?
- Forceps or vacuum extraction?
- Membrane sweep?
- Provider breaks my water? (amniotomy)

### MONITORING:

- Continuous external monitoring (non-wireless)?
- Continuous external monitoring (wireless)?
- Continuous internal monitoring (FES: fetal scalp electrode)?
- Intermittent monitoring?

### CARE TEAM:

- Medical students?
- Men, other than partner, permitted in room without prior consent?

### OTHER:

- Food and drink?
- VBAC?

Notes:

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## AFTER DELIVERY

GREEN if the answer is "yes!"  
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YELLOW if you need more counsel before making a decision

Note: depending on where you're delivering, staff might not be familiar with certain terms. Ensure you or your doula communicates fully!

### BABY: EXAMS/TREATMENTS

- Delayed cord clamping (until cord stops pulsing)?
- Delayed cord clamping (Lotus birth)?
- Vitamin K shot?
- Vitamin K drops (Oral)?
- Eye ointment?
- Hepatitis B shot?
- Circumcision?
- Newborn bath in hospital?
- Delay Medical Exams?
- Give Formula?
- Pacifiers/Dummies?
- Donate/Bank Cord Blood?

### MOM/BABY BONDING:

- Immediate skin to skin/kangaroo care?
- Newborn exam on mom's chest/thigh?
- Partner or mom cuts cord?
- Breastfeeding immediately?

### OTHER:

- Naturally birth placenta (no pulling/tugging or provider assistance)?
- Save placenta?

Notes:

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## BIRTH ENVIROMENT

GREEN if the answer is "yes!"  
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Think: do you want dim lights? Music? Essential oil diffuser? Your favorite robe? What do you envision being the most comfortable manifestation of the birth location you chose?

We highly recommend having a vision for what your birth environment might look like; however, experience has shown us that even a blow-up pool in the middle of a packed, no-frills home office can be a beautiful place to have a baby!

Notes:

## C-SECTION DELIVERY

Gentle Cesarean, please! (Note that this is an option that includes all of the items below; however, your hospital or provider might not have this option available. This is something to establish ahead of time, even if you don't plan to have a Cesarean!)

- GENTLE CESAREAN
- Mom helps "deliver"? (catch)
- Clear drape?
- Immediate skin to skin for mom?
- Immediate skin to skin for dad/partner?
- Vaginal culture swab?
- Mom not separated from baby?

Notes: