

## ***Sample Birth Plan***

*(Of course, you would substitute it with your own requests and information. Make sure you list your doctor, hospital, attending labor support, pediatrician. Give copies to all birth attendants and doctors and carry at least one extra with you in your hospital bag.)*

### **The Birth Plan for Jane Doe**

We are very delighted with our choice of **Dr. X** attending our birth at **X Hospital**, and we are confident that our choices will help ensure the birth experience that we desire. Barring any unforeseen emergencies, we desire an unmedicated birth with minimal intervention, as we believe that a natural birth is safest for mom and baby.

We have carefully considered the following requests and would appreciate the support of hospital staff. If any emergencies arise, we would like to be told the pros and cons of all options, and we will be flexible in regards to our birth plan.

#### **First Stage Labor**

- If the bag of waters break at the onset of labor and there are no signs of infection, we would like the option to wait at least 6 hours after arrival at hospital before induction is considered. No pitocin or augmentation unless medically necessary.
- Heparin Lock IV
- Intermittent fetal monitoring (avoid IFM unless absolutely necessary)
- Please do not offer any pain medication. We will ask for it if we choose it.
- Freedom to labor in the tub/shower.
- Low lights, quiet environment.

#### **Second Stage Labor**

- Pushing to begin only when the urge is felt, to take advantage of a possible rest period after dilation is complete.
- Choice of positions for pushing unless medically necessary to move into alternate position.
- A tear would be preferred over an episiotomy.
- No use of forceps or vacuum extractor unless it is to avoid a cesarean.
- Allow placenta to be delivered naturally (not pulled/tugged).

### **Immediate Newborn Care**

- Ideally, healthy baby will be immediately placed on mom.
- Postpone routine newborn procedures until we have had a chance to bond with our baby.
- If baby must go to the nursery for any procedure, healthy baby to stay with mom until mom is completely done with the birthing process.
- APGAR done while on mom's chest.
- No eye ointment - please have waiver available, if necessary.
- Exam and bath in room. Bathe baby ourselves, if possible.
- No bottles or artificial nipples - breastfeeding only.

### **Postpartum Care**

- Minimal disruptions unless medically necessary.

### **If Complications lead to a Cesarean Delivery**

- If possible, please wait for our express consent before initiating any procedure.
- Remain awake and aware, avoiding general anesthesia, if possible.
- Discuss anesthesia options with me.
- Ether screen lowered so that we can see the birth.
- Please tell me the process as it is occurring step-by-step.
- Leave at least one hand free so that I may touch the baby when born.
- Assuming the baby is well, I would like to hold the baby on my chest

- and nurse as soon as possible.
- Discuss options for postpartum medication with me.
  - Provide me with food and drink as soon as possible.

### **In the Event of an Ill Baby and Postpartum Care**

- Accompany baby if transported to another facility.
- Breastfeed, or provide expressed milk for baby.
- Unlimited visitation.
- Delay bathing baby.
- Baby to remain in recovery room with me.

**Thank you so much for your support!**