

# { customize } your birth plan

*Print this form and discuss with your doctor before the big day.*

Name: \_\_\_\_\_ Partner's Name: \_\_\_\_\_

Due Date or Induction Date: \_\_\_\_\_ Doctor's Name: \_\_\_\_\_

Planned Delivery Method: \_\_\_\_\_ Special Notes: \_\_\_\_\_  
*(Vaginal, C-section, induction, etc.) (group B strep, gestational diabetes, etc.)*

## Labor .....

- Names of family/friends I want in the room during the birth:  
\_\_\_\_\_  
\_\_\_\_\_
- Items I want to bring: *(music, yoga ball, etc.)*  
\_\_\_\_\_  
\_\_\_\_\_
- I want to have my labor photographed or filmed.
- I'd prefer to let my labor progress naturally.
- I would like to be offered Pitocin to speed up my labor.
- I plan on having an epidural.
- I would like to be offered pain medication as my labor progresses.
- I plan to use natural pain relief techniques without medication
- I'd like to try different delivery positions, if possible.
- I'd like to view my baby's birth, if possible.
- If I need a C-section, I would like:  
\_\_\_\_\_  
\_\_\_\_\_

## After Delivery .....

- I want to hold my baby skin-to-skin immediately after delivery, if possible.
- I'd like my baby to be dried off before being brought to me.
- I'd like to delay clamping and cutting the umbilical cord.
- I'd like my partner to cut the umbilical cord.
- I plan to bank my baby's cord blood.
- I'd like to delay bathing and measuring for the first hour.
- I'd like for all evaluations to be done in the room with me.
- I plan to breastfeed.
- I'd like to meet with a lactation consultant.
- I plan to formula-feed.
- If my baby's a boy, I want him to be circumcised at the hospital.
- If my baby needs medical treatment, I'd like my partner to go along.
- If my baby is not well, I would like to go to the NICU with my baby, if possible.