

# Birth Plan for:

We have prepared this birth plan to help you understand our philosophy and the kind of care we hope to have for the birth of our son/daughter. We have taken The Bradley Method childbirth classes to prepare us for the birth of our son/daughter. The pregnancy has gone very well thus far and we have done everything we can to prepare for a healthy and uncomplicated birth. We wish for as natural a birth as possible, avoiding unnecessary procedures and medications. However, if medication or procedures become necessary, we ask that you discuss them with us in advance so that we can participate in the decision making process. We willing to do whatever is necessary for the safety of myself and our son/daughter.

## Staying together

It is important to us that we remain together at all times during the labor and delivery (vaginal or cesarean).

## Corrective Lenses

I need to wear contact lenses or glasses at all times when conscious. This should not be a problem, as my contact lenses take very little time to remove in the event of an emergency. My glasses will be available in case I need to remove my contact lenses.

## IV's (intra-venous)

I hope to delay introduction of an IV feed unless needed. If necessary, I will accept a device (heparin lock) inserted into a vein so that an IV can be started up quickly when needed, but without the IV being connected until it is needed. If continuous fluid administration is necessary, I request that the IV be portable so I can remain mobile.

## Food and Drink

I would like to be able to eat or drink (maybe just ice chips) during labor, if that is what I want at the time.

## External Fetal Monitoring

As long as things are progressing well, we prefer intermittent monitoring with an external fetal monitor. We very much want to avoid internal fetal monitoring unless it is specifically medically necessary.

## Internal Exam

Internal vaginal exams kept to a minimum, unless necessary.

## Episiotomy

I would like to avoid an episiotomy unless required to avoid an extensive tear. I would prefer massage, support and/or hot compresses on my perineum.

## Birth

It is very important to us to hold and nurse our baby immediately after birth, and have the weighing and bathing done in our room so that we can watch. If this is not possible, we would like the father, \_\_\_\_\_ to stay with the baby at all times. Also, we ask that you discuss any routine neonatal procedures with us before they are performed.

## Breastfeeding

We plan to exclusively breastfeed our baby, and therefore request that she not be given bottles, water (glucose water), or formula without our prior approval.

## Rooming-In

We would like to have a private maternity room with 24 hour room in.

## Free Movement

I wish to be able to move around (i.e. walking hallways and room) and change positions at will throughout labor and delivery. I would like to be able to use the bathroom and avoid the use of a catheter.

## Artificial Rupture of Amniotic Membrane

I do not wish to have the amniotic membrane ruptured artificially before the birth unless signs of fetal distress require an internal monitor. I do not want the internal monitor unless the baby has already shown signs of distress.

## Pain Medicine

I do not wish to use any anesthesia during labor. I want local anesthesia for repair of tears or of episiotomy.

## Forceps & Vacuum Extractor

I do not wish to have forceps or a vacuum extractor to be used during the delivery.

## Umbilical Cord

We would prefer that the cord not be cut immediately, but given a few minutes to cease pulsating first.

## Caesarian

If a caesarian is necessary, to have it only after approval of both \_\_\_\_\_ and I. I wish to have an epidural for anesthesia, and to have my husband, \_\_\_\_\_ present for the birth. The baby, if he is not in distress, should be given to \_\_\_\_\_.

We thank you for taking the time to go over this Birth Plan, and appreciate your cooperation in getting out new family off to a great start. We are very excited to share this experience with you.