

BIRTH PLAN

The Birth Plan gives you the chance to:

- state your choices of procedures and medications after explanation
- think about decisions you need to make

Preparing the Birth Plan ahead of time leaves you free to concentrate on the most important thing of all.... having your baby.

Your Name: _____ Due Date: _____
 Support Person(s): _____ Relationship: _____

These are my preferences for my labor and delivery. I understand that circumstances may arise that will require changes in the Plan. I request that any changes be discussed with me or my support person.

I want my support person with me in labor Yes No
 I have attended a childbirth preparation class Yes No

I have had HIV testing this pregnancy Yes No

I have previously had a C-section and would like to try a Vaginal Birth After Cesarean (VBAC) with this delivery
 Yes No Does not apply

Options for pain relief and how they work explained:
 I would like the following anesthesia during delivery Epidural Spinal
 IV pain medication Local { }

My partner wishes to assist with cutting the baby's umbilical cord Yes No

If a cesarean delivery becomes necessary, this was discussed with me:
 I want my support person with me Yes No
 Types of anesthesia used: General Epidural Spinal

Informational discussion of the following:
 IV electronic fetal monitoring episiotomy Pitocin/Cervidil (induction)
 Flds/ice positions/amb confidentiality security picture welcome newborn
 sibling visits visiting hours hearing screening special dinner

If you go into labor, call your doctor. _____ Location of entrances to Hospital to be used.____
 Baby's Doctor: _____ Have info available on discharge:_____

My plans for feeding my baby: Breast Feeding Bottle Feeding { } refer lac.t.
 I want to put my baby to the breast immediately after birth Yes No
 I would like to have my baby out in room Yes No
 If my baby is a boy, he should be circumcised Yes No NA
 I have a car seat to take my baby home Yes No
 Shaken baby video will be offered: { }yes { } no

Other concerns: Do You Smoke? _____
 Date: _____