

My Birth Plan



Partnering with Parkview Medical Group

Use this birth plan to prepare yourself for delivery and to discuss your desires with your pregnancy provider. Please understand that labor is a dynamic process and often unpredictable so sometimes the plan you have outlined will change. In all situations our priority is always focused on the safety and health of you and your baby.

Name: _____ Due date: _____

Provider's name: _____

Pediatrician: _____

Please note that I

- have group B strep (GBS)
- am rh negative

My delivery is planned as

- vaginal
- cesarean
- VBAC

I would like the following people present with me during labor and delivery (may change based on hospital policy)

Medical students, nursing students, and/or residents are allowed to be present during my labor and delivery

- yes
- no

Intravenous lines (IV)

- continuous IV line for fluids and medications
- saline lock to allow access to a vein but not hooked up to a fluid bag

Fetal monitoring (based on risk factors and fetal tolerance to labor)

- continuous monitoring
- intermittent monitoring (20 minutes on and 20 minutes off the monitor)

Pain relief options

- I would like IV pain medications
- I would eventually like an epidural
- I do not want pain medications offered to me unless I specifically request it
- I do not know whether I want anesthesia. Please discuss options with me

Feeding the baby

- I would like to exclusively breastfeed
- I plan on bottle feeding formula only
- I would like use breastmilk and formula
- I would like help from a lactation specialist

For a vaginal birth I would like (check all that apply)

- to be able to move around during labor
- to be able to drink fluids
- a birthing ball
- a squat bar
- a warm shower
- lights dimmed
- room to be as quiet as possible
- to give birth in whatever position is comfortable for me at the time
- feel the baby's head as it is crowning
- my support person to cut the umbilical cord
- skin-to-skin following delivery
- to breastfeed my baby as soon as possible after birth
- to avoid instrument delivery (vacuum or forceps)
- to avoid episiotomy and would rather tear naturally

For a cesarean section I would like (check all that apply)

- a "gentle" cesarean section (family friendly clear drape)
- skin-to-skin in the operating room if possible, otherwise as soon as possible after surgery
- to see my baby before s/he is given eye drops
- my support person to hold the baby after delivery if I am not able to
- my support person to accompany the baby to the nursery
- to breastfeed in the recovery room

I am doing umbilical cord blood banking

- yes
- no

I am doing umbilical cord tissue banking

- yes
- no

Comments: