**Birth Plan**

I am planning a natural, unmedicated birth in the water.

Beginning Labor

* I would like to begin labor naturally. I would like my water to break on its own.

People in the room

* I would like my husband and doula present for my labor and delivery.

First stage labor

* Open to nitrous.

Second stage labor

* Push in upright position
* Birth in tub
* Husband or myself to catch the baby

C-section

* I strongly hope to avoid a c-section
* IV in left hand
* If a c-section becomes necessary I would like my husband to be present at all times during the operation, if he is unable my doula will attend
* Please use a clear drape if possible because we would like to see our baby being born.

Post birth

* Immediate skin to skin
* Wait until cord stops pulsing to clamp
* I do not want Pitocin postpartum
* We do/do not consent to antibiotic eye treatment, vitamin K injection or Hep B immunization at this time
* I plan to breastfeed