Name:

Pronouns:

What the baby will call me:

Please note that I have:

My delivery is planned as: vaginal birth Cesarean VBAC

**ATTENDANTS**

Partner:

Doula:

Friends:

Family:

Children:

**Birth Goals/Hope for birth example:** I plan to have an unmedicated/medicated birth. I am open to all natural/pharmacological pain management techniques. I am not tied to a water or land birth, whatever feels good in the moment is what will happen. I do not want to birth on my back.



**Birth Guide**

**Labor and Birth**

* **Labor at home as long as possible**
* **Induction cytotec, cervidil, foley bulb, Pitocin are you opposed to using any of the methods of induction? What is your doctors induction process**
* **Water breaking: naturally or artificially**
* **Cervix checks: do you want them? Do you want to know the details after the exam if you decide to have one done**
* **Pharmocological pain management: fentanyl, epidural**
* **Natural pain management: movement, massage, aromatherapy, hydrotherapy, mediation, breath, sterile water injections, nitrous oxide**
* **Baby monitoring: EFM-continious monitoring or intermittent**
* **Pushing: position, directed vs not directed, ring of fire—calm relaxed let perineum stretch warm compresses, or oil, pressure from attending provider?**
* **No episiotomy**
* **Vacuum/forceps yes/no**
* **Expectant vs. active management of 3rd stage of labor pitocin, cytotec, cord traction**
* **Save/don’t save placenta**
* **Don’t cut cord until: done pulsing, until placenta is birthed, until cord is white, until XX minutes/hours has passed**
* **IV fluids yes/no**
* **Eat, drink and move freely during labor**
* **Ambiance: low lights, quiet, music**

**After Birth**

* **Immediate skin to skin**
* **Wipe baby down yes/no**
* **Bulb suction yes/no**
* **Don’t rush first breast/chestfeeding moment allow for breast crawl**
* **XX will cut cord**

**Newborn Procedures**

* **Bulb suction yes/no**
* **Hep B vaccine yes/no**
* **Vitamin K shot yes/no**
* **Eye ointment yes/no**
* **Pacifiers yes/no**
* **Sweeties/sugar yes/no**
* **Formula yes/no**
* **Circumcision yes/no**
* **Bath yes/no**

**C-section (if determined an emergency)**

* **Gentle c-section**
* **Vaginal swab yes/no**
* **Sedatives yes/no**
* **Non-drowsy, anti-nausea medication (Zofran)**
* **IV in non-dominant arm**
* **Lead lines on back so chest is free for immediate skin-to-skin**
* **No arm restraints**
* **Limit all non-essential talking**
* **2 layer stitching**
* **Who do you want present for c-section: partner and/or doula or other support person**
* **Immediate skin to skin**
* **Screen lowered just before delivery or clear drape so laboring person can see baby being born**
* **Baby to be pulled out gently and slowly, allow cord to continue pulsing after birth for 3/5 minutes**
* **Skin to skin and breastfeeding immediately after delivery, baby evaluated on chest, if not possible allow partner to do skin to skin with baby**
* **Delay weighing, measuring, and newborn procedures until after golden hour and breastfeeding in post-op**
* **XX will cut cord**
* **Baby to stay with a parent always. If NICU transfer necessary partner will go with baby, XX will stay with mom**
* **No bottles, pacifiers, sugar water, or formula**

**Recovery/Post Op.**

* **TAP block administered by anesthesiologist. Limit interupptions and noise**
* **Baby doesn’t leave parents and a parent is present at all times**
* **Bath yes/no for baby**
* **Laboring person prefers to be mobile ASAP, have catheter removed, to eat and drink, and have IV removed as soon as possible**