

Sample Birth Plan for _____ EDD _____

Doctor _____ Doula _____ Pediatrician _____

We know that you see lots of birth plans, but since this is our only birth, it's very important to us -- please bear with us. We expect to be very busy and pre-occupied with the birth of our baby and we may forget to thank you for your hard work. Giving birth is a team effort and we're grateful to have you on our team.

Please accept this little token of appreciation in advance. Thank you so much for all your help and support!

We understand that our choices below may not be possible in an emergency. If there is anything below that is against hospital policy, we are happy to discuss it and sign a waiver, if necessary.

We are hoping for an unmedicated birth, with as little intervention as possible, and hope to have a nurse who supports and believes in unmedicated births.

- ~ I prefer a hep lock (or saline lock) to an IV. Please place the hep lock above my wrist, preferably when doing the initial blood draw.
- ~ I understand that the baby and I must be monitored, but I prefer it to be done as little as possible. According to ACOG standards is fine.
- ~ I am not planning on using pain medication or an epidural. Please help me to avoid them unless I ask for them.
- ~ If an epidural and/or cesarean delivery become necessary, please allow my husband and doula to be with me throughout the entire procedures, including surgery and recovery.
- ~ Please allow me to push with my natural urges, at my own pace, without holding my breath. Also, I may want to push and deliver in alternative positions such as squatting, side lying, and hands and knees.
- ~ PLEASE allow the baby to stretch my perineum. I trust that my body knows how to give birth to my baby without anyone's fingers in my vagina.
- ~ We wish to delay clamping and cutting the umbilical cord until it turns completely white and stops pulsating.
- ~ PLEASE do not put traction on the cord to deliver the placenta.
- ~ Barring complications, please place the baby directly on my abdomen (skin to skin) after the birth. I would like at least one hour with our baby undisturbed to bond and breastfeed.
- ~ I will be taking home my placenta. If it absolutely must go to pathology, please don't allow any Formalin or other chemicals to be used so that my placenta can be ingested.



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