

Birth Plan for \_\_\_\_\_ EDD \_\_\_\_\_

Doctor \_\_\_\_\_ Pediatrician \_\_\_\_\_

Our big day has arrived! We know that as hospital personnel, you see lots of birth plans, and we're sure many of them are boring and excessive. But since this is our only birth, it's very important to us, so please bear with us.

We expect to be very busy and pre-occupied with the birth of our baby and we may forget to show our appreciation for all of 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 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.
- I wish to eat lightly if I feel hungry. I wish to drink if I feel thirsty.
- Please allow me to push with my natural urges, at my own pace. I would like to avoid holding my breath and counting when pushing. I understand that the second stage takes a little longer this way so please be patient with me and the process. Also, I may want to push and deliver in alternative positions such as squatting, side lying, and hands and knees.
- Please help me avoid an episiotomy! Please offer hot compresses and gentle perineal massage to help avoid tearing.
- If a cesarean delivery becomes necessary, please allow my husband and doula to be with me throughout the entire surgery and recovery.
- We wish to delay clamping and cutting the umbilical cord until our baby is breathing.
- 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.
- We do not want our baby to go to the nursery at all. If the baby must be taken to the nursery, my partner will accompany the baby at all times.
- Please give our baby the vitamin K shot while breastfeeding.
- Please delay the erythromycin treatment for the baby's eyes until the baby has breastfed.
- If our baby is a boy, he will not be circumcised.
- Our baby is to be exclusively breastfed - please do not give any artificial nipples of any kind.

