

Birth Planning Options and Choices

Procedure	Partner	Nurse	Dr/MW	Baby	C/S
Labor at home as long as possible	x				
Yogurt and banana smoothie for hospital	x				
Stripping or sweeping your membranes	x		x		
Induced labor	x		x		
Candles real (at home) or fake (at hospital)	x				
Dim Lights	x				
Music	x				
Labor in the shower/tub	x				
Wearing a hospital gown	x				
Routine IV during labor and birth (placement)	x				
Pitocin augmentation	x	x	x		
Artificial rupture of membranes	x	x	x		
Not being allowed to eat and/or drink during labor	x	x	x		
Pain relief alternatives (narcotic / nitrous oxide)	x	x			
Epidural (includes a urinary catheter)	x	x			
Wired vs. wireless monitoring	x	x			
Continuous vs. intermittent external fetal monitoring	x	x	x		
Asking for squatting bar BEFORE pushing starts	x	x	x		
Alternative pushing positions	x	x	x		
Breath holding (purple) pushing	x	x	x		
Pushing in the supine position (on your back)	x	x	x		
Perineal stretching (hands in vs. hands off)	x	x	x		
Episiotomy vs. perineal tear	x		x		
Vacuum extractor or forceps delivery	x		x		
Cord Traction	x		x		
Surgical birth (Cesarean) WITHOUT your doula	x	x	x		x
Delayed cord clamping (after cord stops pulsating)	x		x		x
Cord milking	x		x		x
Vaginal seeding	x		x		x
Routine Bulb Suctioning	x		x		

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(continued)

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Routine deep suctioning of baby's airways	x	x	x	x	x
Separation or interruption during the "golden hour"	x	x		x	x
Skin-to-skin for 18 hours (decompression chamber)	x	x		x	x
Erythromycin in baby's eyes	x	x		x	x
Vitamin K injection	x	x		x	x
Placenta being injected with Formalin	x	x		x	x

- Other things to include are: Your name (legal and preferred), your pronouns, your due date, your partner's name, your doula's name, your OB/GYN or midwife's name, your pediatrician's name, any allergies or medical issues.
- If you've had other births, you should mention that experience, i.e., "My first birth was medically managed, so it's important to me to avoid interventions for this birth."
- Personalize it - your birth preferences, with its photo attached, will be read by every nurse at the station when presented with a small basket or gift bag of reasonably healthy snacks, such as cookies, fruit, crackers and cheese, nuts, etc. Chocolate can be included but there should be some nourishing food along with it. Fruit is also always welcome. Bring an additional basket or bag for the postpartum nurses, too!
- Birth plan for the nurses should only be one side of one sheet of paper.
- Your preferences should be positive, not negative! "I am hoping to work with a nurse to supports natural childbirth" is much better than "don't ask if I want an epidural."
- Doctor's birth plan topics need to be discussed ahead of time. When you go to an appointment, tell the doctor at the beginning that you have 2 or 3 questions that you want to discuss at the end of the visit. The doctor should be willing to respond to 2 or 3 questions at each visit.
- If you don't know what to say about any (or all) of these topics or why you might want them or want to avoid them or which ones might be harmful to you or your baby, [please enroll now for classes](#).
- You can also set up a [free 30 minute free consultation](#) if you have more questions.
- Additional information is available in the book, "[700 Babies](#)" and the website, [700babies.com](#).