

# Sample Birth Plan for My Partner and My Doula

- I want to avoid having the doctor strip or sweep my membranes unless I'm facing an imminent induction. Please remind me of this if I forget.
- I want to avoid being induced unless there's a legitimate medical reason
- Help me labor at home as long as possible
- Please make a yogurt and banana smoothie for the hospital when I'm in early labor
- Please set up my fake candles in the labor room
- Please keep the lights dim during labor
- Please set up my access to the music playlists we created
- I will bring my own clothes for labor. I will not be wearing a hospital gown
- When they insert an IV when we get to the hospital, please be sure they put it in the top of my arm, above my wrist and below my elbow. This is important!
- If I ask for an epidural, please remind me that I can labor in the shower for pain relief
- I want to avoid Pitocin augmentation, if possible. I prefer nipple stimulation and intimate contact
- I prefer artificial rupture of membranes to Pitocin if the baby is low and in a good position
- I will sign a waiver so that I can eat and/or drink during labor when I'm hungry
- I will want an explanation of pain relief alternatives.
- If I ask for an epidural I want you to \_\_\_\_\_ (see Epidural Agreement)
- I prefer wired vs. wireless monitoring
- I prefer intermittent vs. continuous external fetal monitoring
- I will not do breath holding (purple) pushing unless there's a medical emergency
- I want to push in whatever position is most comfortable for me – not the supine position
- NO perineal stretching or massage when I'm pushing. I want warm compresses instead
- No episiotomy unless it's an emergency. I will do gentle pushing and warm compresses to avoid a serious perineal tear
- Vacuum extractor should only be used to reposition the baby, not to pull the baby out unless all other avenues have been attempted, including position changes and vacuum repositioning
- I would like to avoid cord traction
- If I have to have a surgical birth, I want my partner AND my doula in the OR
- I want to delay cord clamping until after cord stops pulsating and becomes white and flat
- Please remind the doctor not to milk the cord unless there is a true time constraint
- I would like the doctor to do vaginal seeding if I have to have a surgical birth
- Routine bulb suctioning is acceptable but I'd prefer to avoid it unless it's necessary
- **Absolutely NO routine deep suctioning of baby's airways if the baby is able to cry**
- NO separation or interruption during the "golden hour" for weighing or other non-essentials
- I want the baby to have as much skin-to-skin contact as possible for the first 18 hours, with me or my partner
- I will waive the erythromycin in my baby's eyes **OR** I prefer that you wait until after baby's first breastfeeding session
- Please give the baby the Vitamin K injection when they are breastfeeding on my left breast **OR** I will waive the Vitamin K injection
- I will be encapsulating the placenta or taking it home. No Formalin, please!