

# BIRTH PLAN

Name: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

Direct questions to: \_\_\_\_\_ Number: \_\_\_\_\_



## BEFORE BIRTH

### Who will be with you

- Partner, Name: \_\_\_\_\_
- Doula, Name: \_\_\_\_\_
- Photographer, Name: \_\_\_\_\_
- \_\_\_\_\_

### Equipment

- Birth ball ● Sheet for Pulling/Rebozo
- Water ● Squat Bar
- Tub ● \_\_\_\_\_

### Clothing

- Hospital gown ● Own clothing

### Questions during contractions

\_\_\_\_\_  
\_\_\_\_\_

### Comfort measures you want to take

- Low lights
- Essential oils and diffuser
- Music
- \_\_\_\_\_

### Movement

- Walking the halls
- Moving around the room
- \_\_\_\_\_

### Hydration

- IV placement ● Continuous fluids

### Eating and drinking

\_\_\_\_\_  
\_\_\_\_\_

## VAGINAL VS. C-SECTION

### Delivery preference

\_\_\_\_\_

### When you want the cord clamped

\_\_\_\_\_

If you want a clear drape, or if you'd prefer one you can't see through

\_\_\_\_\_

### Type of anesthesia you prefer

\_\_\_\_\_

### Who you want with you in the OR

\_\_\_\_\_

Who you want to stay with baby, if baby needs to go to the NICU

\_\_\_\_\_

## DURING LABOR

### Comfort measures you want to take

- Walking halls ● Shower or tub
- Moving around the room ● Squat bar
- Birth ball or peanut ball
- \_\_\_\_\_

### Induction/augmentation options you want or don't want

- Pitocin ● AROM ● Vacuum ● Forceps

### Eating or drinking

- Brought food to eat and drink
- Ice chips/slushies from the hospital

### Hydration

- IV placement ● Continuous fluids

### Pain medication you want, or don't want, suggested

\_\_\_\_\_

## DURING DELIVERY

### Birth positions you want to try/use

\_\_\_\_\_

### Prefer during delivery

- Episiotomy ● Tearing

### Who will catch the baby

- Doctor ● Partner ● You

### Immediately after delivery

- Skin to Skin
- Take baby to warmer to clean them up

## NEWBORN CARE

### Cord cutting

- Immediately
- Delayed, if so how long: \_\_\_\_\_

### Vitamin K

- Administered immediately
- Delayed for the first hour

### Erythromycin

- Administered immediately
- Delayed for the first hour

### Hep B

- Administered immediately
- Delayed for the first hour

### Golden hour

- Have baby skin to skin for first hour
- Have breastfeeding help during this time

### Feeding preferences

- Breast ● Bottle

### Rooming-in or nursery

- Have baby leave the room for examinations and/or so you can sleep
- Keep baby in the room