

BIRTH PLAN

Use this fill-in-the-blank planning tool to clarify your desires for your birth, learn about your options, and communicate your desires to your birth team. Once you've completed filling out the worksheet, consolidate your choices in a one page easy-to-read document like the example at the end.

Name:

Partner's Name:

Estimated Due Date:

Birth Location:

Provider's Name:

Doula:

My delivery is planned as:

- Vaginal
- C-section
- VBAC
- I would like a water birth

Please note that I have:

- Group B strep
- Gestational diabetes
- An anterior placenta
- An Rh incompatibility with the baby
- Anemia in pregnancy
- Other:

During labor I would like:

- To move freely
- To wear my own clothes
- To eat and drink as desired
- The lights dimmed
- Music played (self-provided)
- Aromatherapy (self-provided)
- As few vaginal exams as possible
- As few interruptions as possible
- Limited staff present

The people present at my birth will be:

- My partner:
- Doula:
- Siblings:
- Parents:
- Other:

- To use the shower
- To use a birth tub
- My support person to take pictures
- No IV, hep-lock/saline lock okay
- No IV, no hep-lock/saline lock
- The clock covered
- To consume popsicles, teas, and broths
- Informed consent for all procedures
- Other:

Fetal Monitoring:

- Intermittent electronic fetal monitoring
- Mobile electronic fetal monitoring
- Continuous electronic fetal monitoring
- Intermittent auscultation
- Performed only if medically necessary or perceived infant distress

For Pain Relief:

- Hypnobirthing / meditation
- Cold and heat therapy
- Counter pressure / massage
- Shower
- Birthing tub / bath tub
- TENS unit
- Acupressure / Reflexology
- Epidural
- Nitrus oxide
- IV narcotics
- Position changes
- No pharmacological pain relief
- Safe word for wanting an epidural:
- Other:

During Delivery I Would Like:

- To be in any position of my choosing including the possibilities of: squatting, hands and knees, standing, and side lying
- No laying on my back
- Spontaneous pushing
- Directed pushing
- No directed pushing
- No forceps
- No vacuum extraction
- I want to catch my baby
- My partner wants to catch the baby
- Minimal distractions and talking
- Warm compress on the perineum
- No episiotomy, natural tearing okay
- Episiotomy okay if necessary
- Other:

Labor Augmentation:

- Only with my consent
- Attempted by natural methods such as nipple stimulation or acupressure
- Membrane stripping
- Prostaglandin gel
- Pitocin
- Cytotec / Misoprostol
- Artificial rupture of membranes okay
- Never artificial rupture of membranes
- No labor augmentation unless medically necessary with given consent

Support Tools I Would Like to Use:

- Birth ball
- Peanut ball
- Rebozo
- Birth stool / CUB
- Birth bar / Squat bar
- Foot stools
- Birth tub
- Shower

After Delivery I Would Like:

- The baby to placed on my chest immediately
- My partner to cut the umbilical cord
- Delayed cord clamping
- The umbilical cord cut only after it stops pulsing and turns white
- To bank or donate the cord blood
- No suctioning
- No pitocin postpartum
- To deliver the placenta naturally while the cord is intact
- Uninterrupted skin to skin contact for the golden hour
- Other:

Newborn Procedures:

- To take place after the golden hour
- Immediately after delivery
- Eye ointment YES / NO
- Vitamin K YES / NO
- Hepatitis B YES / NO
- Pacifier YES / NO
- First bath at hospital YES / NO
- Sugar water YES / NO
- Formula supplementation YES / NO
- Baby rooms in with me at all times
- Baby can go to nursery when requested
- Baby led breastfeeding
- Breastfeeding as soon as possible after delivery
- Breastfeeding before eye ointment
- No formula supplementation
- Medical exams and procedures to only be given in my or my partner's presence
- Feed baby on demand

Visitors:

- No visitors
- Names of visitors allowed:
- After delivery okay:
- After 24 hours okay:
- Other:

Placenta

- I would like to be shown my placenta
- I plan to encapsulate and/or consume my placenta
- I will be taking my placenta home with me

If A C-Section is Necessary I would like:

- A second opinion
- To make sure all other options have been exhausted
- To stay conscious
- My partner to remain with me the entire time
- Epidural for anesthesia
- General anesthesia / I do not want to be conscious
- The screen lowered so I can watch the baby be born
- My hands free so I can touch the baby
- The surgery explained as it happens
- Vaginal seeding/ swabbing of baby
- The baby placed on my chest immediately
- My partner to hold the baby as soon as possible
- If mother and baby are separated I would like my partner to stay with the baby and my doula to stay with me

Post Delivery I would like:

- Only Tylenol / Paracetamol
- Pain medication if necessary
- Stool softeners
- To stay in the hospital as briefly as possible

If Baby is a Boy:

- Circumcision YES / NO
- Be performed in the presence of me and/or my partner

In An Unexpected Emergency:

- My partner to accompany the baby to the NICU or another facility
- To provide kangaroo care whenever possible
- To breastfeed whenever possible
- Have the help of a lactation consultant to pump and provide breast milk
- My partner accompanies the baby and my doula stays with me
- My partner stays with me and my doula accompanies the baby

Transportation in Uncomplicated Labor:

- Who is driving:
- Care for siblings:
- Care for pets:

Transportation if Complications Arise:

- Who can drive:
- Call an ambulance YES / NO
- Care for siblings
- Care for pets
- Packed go-back YES / NO
- Who has copies of medical records, birth plan, list of medications/allergies, etc.:
- I want my midwife to stay with me
- I want my doula to stay with me

Additional Info:

-
-
-
-

Notes:

EXAMPLE

Name: Jane Doe

Partner's Name: John Doe

Estimated Due Date: July 30

Doula: Molly Jackowski

Location: Hospital / Birth Center Name

Provider's Name: Dr. Doe

Maternal Health Factors Include:

Mom is Rh-

My delivery plan is: vaginal, natural, water birth

My birth support team includes: John Doe and Molly Jackowski (doula). No visitors allowed.

During labor I would like to:

Eat and drink as desired

Move freely, labor up right

Labor in water, ie. shower or tub

Dim lighting, play music, aromatherapy

Birth team take photos

Use foot stools, birth balls, peanut balls, rebozo

Keep my birth team with me at all times

Minimal cervical checks

As few interruptions as possible, limited staff present

NO IV, NO hep-lock

I would like intermittent fetal monitoring

Pain relief: water, position changes, hot and cold packs, massage, counter pressure, hypnobirthing
NO medications

DO NOT offer epidural.

Safe word for wanting epidural or medications:
pineapple

NO labor augmentation unless medically necessary with given consent

I am taking the placenta home with me. I plan to consume the placenta.

During delivery I would like:

Be in any position I desire

Be in the birth tub

Catch my own baby if I am in the position to do so

Spontaneous pushing

warm compress on perineum

Minimal distractions and talking

NO laying on my back, NO directed pushing,

NO episiotomy (natural tearing okay), NO forceps,

NO vacuum extraction

After delivery I would like:

The baby placed on my bare chest immediately

Delayed cord clamping until the cord stops pulsing and turns white

Partner to cut the cord

Uninterrupted skin to skin contact for 1 hour afterbirth (golden hour)

Breastfeeding as soon as possible

NO pitocin postpartum

Gentle delivery of the placenta: no tugging,

Newborn procedures:

All non-emergent procedures to take place after golden hour

Eye ointment, Hep B, and Vitamin K to be given after golden hour while being held

Baby rooms with me at all times

Medical procedures and exams only to be given in my or my partners presence

NO pacifiers, NO sugar water, NO artificial nipples, NO pacifiers, NO formula, NO bath

If mom and baby are separated, partner will accompany baby and doula will stay with mom. If mom cannot do skin to skin directly, the partner will do skin to skin as long as possibly until mom is ready

In case of emergency c-section: I would like to be conscious, have the baby placed on my chest for skin to skin, to breastfeed as soon as possible, perform vaginal seeding on baby