

Your Birth Plan

What kind of birth is right for you?

Labour can be unpredictable – but it's still important to think about and plan for your ideal birth. Putting your requests and wishes in writing will help you feel more in control, and can help your birthing team, nurses and doctor make decisions best suited for you – and your baby.

Birth Team: Who do I want with me during labour?

My birthing partner is _____

I want this person present during labour birth

I would also like present (e.g. doula, friend):

I want this person present during labour birth

I would not like present (e.g. students):



Labour:

Be sure to talk to your healthcare provider, educator, friends and family about the following procedures. It will help you gain a better understanding of each and help you decide which options are right for you based on your specific baby delivery needs.

Procedure	Comfortable	Uncomfortable	Undecided*
IVs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shave preps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enemas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Electronic fetal monitors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inductions (This can be IV or cream on cervix)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Narcotic analgesics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anesthesia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Episiotomy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* Consult your physician if you have any questions

How do you want to deal with the pain?

I would like the opportunity to use the following:

Birth stool Bean bag Birthing ball Other _____

I would like to use a birthing pool (not available at all hospitals)

For labour For delivery

I would not like pain relief

I would like pain relief. I have talked to my doctor and decided my ideal methods of pain relief are _____

Narcotic Analgesics

- given by injection into the muscle
- causes relaxation and some relief from pain for 3-4 hours
- may depress the baby's breathing if given 3-4 hours before birth
(discuss this matter with your physician)

Anesthesia Blocks

- medications used just before birth or for an episiotomy
- there are several different kinds of blocks – ask your doctor which ones his/her hospital uses

Epidural Anesthesia

- medication injected into the space around the spinal column
- numbs the lower body
- a small plastic tube can be left in place so repeated doses can be given
- can slow down labour if given too early
- may interfere with pushing
- the safest technique when competently administered

Gas Anesthesia

- general anesthetic usually reserved for caesarean birth when there isn't time to use an epidural
- gas may also be self-administered in small doses to take the edge off contractions



During labour:

- I would like to remain mobile during labour
- I would like to see my baby's head crown, if possible
- I would prefer dimmed lighting, if possible
- Other _____

I would like _____ to photograph/film the birth

Medical Intervention

Induction:

An induction is artificially starting labour by use of medication and/or breaking the "bag of waters."

If I need to be induced, I would prefer

- Artificial rupture of membranes -
your healthcare provider makes a small tear in the amniotic sac with a thin plastic hook
- Syntocinon -
a synthetic version of oxytocin, a hormone naturally produced by your body and given intravenously
- Prostaglandin gel or tablet -
a hormone that helps promote contractions
- I would prefer not to be induced, unless necessary

Assisted Delivery:

If your baby is showing signs of distress or you become exhausted during labour, your baby may need help being born. Your doctor may use forceps (surgical instrument used for holding or grabbing) or ventouse (a silicone cup is placed on baby's head and the cup is attached to a vacuum pump that slowly pulls baby through birth canal) to speed up the delivery, or to move the baby if he has become stuck.

If I need an assisted delivery, I would prefer

- Ventouse (vacuum or suction device)
- Forceps (holding instrument)
- Episiotomy (surgical cut made by physician during labour)
- Tear naturally rather than an episiotomy

Monitoring:

Fetal monitoring can be performed using a stethoscope, fetascope (a special stethoscope to pick up fetal heart tones through the mother's abdomen) or a doppler (a portable hand-held type of ultrasound microphone).

I would prefer

- Intermittent hand-held fetal monitoring
- Continuous external monitoring

Caesarean section:

If I need a caesarean section, I would like

- My birth partner to be present
- To see my baby as soon as possible
- To hold my baby, skin to skin, as soon as possible
- My birth partner to have contact with baby if I cannot

Post-Delivery:

I would like _____ to cut the umbilical cord

I would like

- My baby placed on my tummy after birth
- My birth partner to hold the baby
- The baby to be wrapped up in a blanket before I hold him
- To breast-feed my baby as soon as possible



For the third stage of labour (placental delivery) I would like

- Unassisted delivery
- An injection to speed things up
- I would like to take the placenta home, if possible

For my hospital stay, I would prefer

- To return home as soon as possible
- 24-hour discharge
- To stay until I can successfully breast-feed

Additional notes and requests:

I/we understand that it may not be possible for all of my/our requests to be followed in the event of any complications.

Signed _____ Date _____

Signed _____ Date _____