

Your Birthing Plan During Labor and Delivery



PRESBYTERIAN

Women's Care

The birth team at Presbyterian believes that your childbirth experience is an important personal and family event. This birth plan is a list of preferences or wishes for your birth experience. This plan can change at any time if needed but is a guideline for what you want your childbirth experience to be like. While the safety and well-being of mother and baby are our primary responsibility, we also value each woman's personal vision of birth and will support you towards achieving your goal.

Name: _____

OB Provider: _____

Partner's Name: _____

Baby's Pediatrician: _____

Baby's Name: _____

Baby's Due Date: _____

For Labor:

- ☐ Dimmed Lights
- ☐ Limited Guest # _____
- ☐ I would like to be out of bed.
- ☐ I would prefer a saline lock instead of IV fluids
- ☐ I would like to use alternative pain relief options such as breathing exercises, massage, shower, nitrous gas, and position changes.
- ☐ If I request pain medication or an epidural, I would like to have my labor progress assessed by a vaginal examination.
- ☐ I would like to have an epidural as soon as possible.
- ☐ I am unsure what I want for pain relief and will decide when I'm in labor.

During Delivery:

- ☐ I would like the option to deliver in other positions besides my back.
- ☐ I would like a mirror to watch my birth.
- ☐ I would like to touch my baby's head as it crowns.
- ☐ I would like my partner to cut the umbilical cord.

Non-Medical Techniques for Pain Control:

- ☐ Relaxation
- ☐ Breathing Techniques
- ☐ Visualization, Imagery, Distraction
- ☐ Heat/ Cold
- ☐ Positioning and Movement
- ☐ Birth Ball
- ☐ Monitoring
- ☐ Soaking tub
- ☐ Touch and massage
- ☐ Aromatherapy

Postpartum:

- ☐ I, and the father of my baby, wish to sign paternity papers.
- ☐ If I have a boy, I ☐do ☐do not want my baby circumcised. (This will be done the day you and your baby go home from the hospital.)

Newborn tests and procedures that are done before or upon discharge:

- Vitamin K (for bleeding) and Erythromycin eye ointment
- Hepatitis B immunization and first bath (optional)
- Shaken baby education
- Newborn metabolic screening and bilirubin
- Hearing screen test
- Critical congenital heart disease, or CCHD, (for oxygenation) with the first 24 hours
- Additional blood tests may be done

Discharge Information

- After a vaginal birth, you and your baby should go home between 1 or 2 days in the hospital.
- After a cesarean (C-section) birth, you and your baby should go home after 3 days in the hospital.
- There are several ways you and your family can prepare for your when you go home in advance, including:
 - o Purchase a car seat and know how to install it or have it installed.
 - o On the day you go home, bring your baby's car seat to your room before your discharge time.
 - o Be prepared to fill out your baby's birth certificate information before your discharge. (We may ask you for a photo ID.)