

The following is a list of options that may be available during your labor, delivery and postpartum period. Circle or highlight those that you consider desirable and discuss with your Primary Care Provider. Feel free to add any items you feel are important. This is designed for use as a COMMUNICATION TOOL between YOU and YOUR Primary Care Provider. Once completed, use these choices to make a simple, one-page birth plan for your nurses & hospital personnel to refer.

### Birth Site

- Hospital Birthing Room
- Birthing Center
- Home

### Primary Care Provider

- Obstetrician
- Family Practitioner
- Perinatologist
- Midwife

### Doula Present

- For all procedures
- For Cesarean
- During Recovery
- In Postpartum

### Before & Early Labor

- Labor at home as long as possible
- Arrive early and settle in

### Hospital Labor & Preparation

- Own clothes/Hospital Gown
- Saline Well/IV
- No IV
- Strep B Positive? Yes \_\_\_ No\_\_\_

### FIRST STAGE LABOR

#### Electronic Fetal Monitor

- Doppler
- Internal/External
- Continuous/Intermittent
- Telemetry

#### Would Especially Like to

- Bring Music
- Use Labor Ball, Rocker
- Use Rice Socks or Ice Pack
- Walk as Desired
- Limit vaginal exams
- Be respected if I make noise
- Use shower or tub

#### Would Like Access to

- Light Foods
- Clear Fluids
- Ice Chips/Popsicles

### Membranes

- Rupture Naturally
- Artificial Rupture with consent
- Saline infusion if heavy meconium present

### Labor Proceeds

- On its own
- Induction/Augmentation:
- Prostyn
- Cytotec
- Pitocin
- Cervadyl
- Acupuncture
- Nipple Stimulation

### Lights

- Bright/Dimmed

### For Pain Relief/Relaxation

- Epidural Anesthesia
- Narcotics
- Nitrous Gas
- Access to the following:
  - Tub/Whirlpool
  - Shower
  - Acupuncture
  - Acupressure
  - Aromatherapy
  - Massage
  - Position Changes
  - Cold/Heat
  - Rebozo
  - Guided Imagery
  - TENS Unit

### SECOND STAGE LABOR

#### Delivery Options

- Presence of other children
- Videotape Birth
- Still Photos of Birth
- Music during Birth
- Leave bed intact
- Use of Mirror
- Begin pushing at 10 cm
- "Labor down" for urge to push
- Use of squat bar
- Touch baby's head at crowning
- Use of own peri oil
- Coach-Directed pushing (Valsalva)
- Instinctive pushing (please do not "count")
- Remind Mom & Dad to see birth

#### Actual Delivery Positions

- Semi-Sitting
- Reclining on side
- Modified Squatting
- Supported Standing Squat
- Hands and Knees
- Use of Foot Supports
- Use of Stirrups
- No Stirrups

#### Episiotomy

- Prefer Episiotomy
- Please use massage, slow delivery and perineal support at crowning to prevent tearing - Kegell!!!
- Prefer to tear

#### Umbilical Cord

- Delay clamping until pulse ceases
- Banking cord blood

### Sex of Baby Announced by

- Healthcare Provider
- Partner/Mother

### THIRD STAGE LABOR

#### Placenta

- Natural Delivery
- Accelerated Delivery
- Extended nursing, empty bladder before delivery
- Parents would like to see

#### Immediate Post Care

- Immediate, extended skin-to-skin contact with Mother
- Suctioning/warming of baby while held by mother - thermal regulation
- Warmed blankets to mom
- Vitamin K
- Prophylactic eye treatment delayed until bath
- Hepatitis B vaccine
- Juice to Mom immediately

### POSTPARTUM

#### Location of Baby

- Stay in mother's room
- Brought in as necessary
- Brought in on a pre-determined schedule

#### Method of Feeding

- Breastfeeding Only
- Bottle feeding
- Combination of both

#### Examination of Baby

- Pediatrician
  - Midwife
  - Family Practitioner
  - Pacifier
  - Bathing
  - Circumcision
- If yes, anesthesia? Yes \_\_\_ No\_\_\_

### Expectant Mother

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### Expectant Partner

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### OB

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### Pediatrician

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