

# Birth Plan Worksheet

Before your first prenatal visit, your primary doula will need you to read through the following pages and make notes on your preferences or any questions you have around creating your birth plan. At your first appointment with us, we will go through your notes, questions, and selections to create a first draft of your birth plan. The following are some of your options through out your labour, delivery, and immediate postpartum. Do not feel like you need to limit yourselves to the list we have come up with!

## **Before Birth i'd like:**

To consider inducement only if onset of labor is unusually delayed and if there is medical urgency

To use only natural means of inducement, moving to stripping of membranes, gels, pitocin drip or other procedures as a last resort

to remain at home as long as possible before going to the hospital

## **During labour, I'd like:**

To bring music

To dim the lights

To wear my own clothes during labour and delivery

To take pictures and/or film during labour and delivery

I'd like the option of returning home if I'm not in active labour.

## **Once I'm admitted, I'd like:**

My partner and Doula to be allowed to stay with me at all times

Only my practitioner, nurse, and guests present (i.e., no residents, medical students, or other hospital personnel)

To wear my contact lenses, as long as I don't need a c-section

To eat if I wish to

To stay hydrated by drinking clear fluids instead of having an IV

To walk and move around as I choose

**As long as the baby and I are doing fine, I'd like:**

To have intermittent rather than continuous electronic fetal monitoring

To be allowed to progress free of stringent time limits

Allow for spontaneous rupture of membranes

Avoid the use of pitocin unless medically necessary

**Pain Relief**

**I'd like to try the following pain-management techniques:**

Acupressure

Bath/shower

Breathing techniques/distraction

Hot/cold therapy

Self-hypnosis

Massage

**Medication**

Please don't offer me pain medication. I'll request it if I need it.

If I decide I want medicinal pain relief, I'd prefer:

Regional analgesia (an epidural and/or spinal block)

Systemic medication (nitrous oxide and/or Demerol)

**If they're available, I'd like to try:**

A birthing stool

A squatting bar

A birthing pool/tub

A shower

**I'd like to bring the following equipment with me:**

Birthing stool

Birth Ball

**When it's time to push, I'd like to:**

Do so instinctively

Be coached on when to push and for how long

Be allowed to progress free of stringent time limits

To view the birth using a mirror

To touch my baby's head as it crowns

The room to be as quiet as possible

To risk a tear rather than have an episiotomy

My partner to help "catch" our baby

**I'd like to try the following positions for pushing (and birth):**

Semi-reclining

Side-lying position

Squatting

Hands and knees

Whatever feels right at the time

## **Cesarean Section**

### **If I have a Cesarean section, I'd like:**

My partner present at all times during the operation

My Doula present at all times during the operation (if possible)

The screen lowered a bit so I can see my baby coming out

The baby given to my partner as soon as he's dried (as long as he's in good health)

To breastfeed my baby in the recovery room

## **Postpartum**

### **After birth, I'd like:**

To hold my baby right away, putting off any procedures that aren't urgent

To breastfeed as soon as possible

To wait until the umbilical cord stops pulsating before it's clamped and cut

My partner to cut the umbilical cord

Not to get routine oxytocin (Pitocin) after I deliver the placenta

All newborn procedures to take place in my presence

My partner to stay with the baby at all times if I can't be there

To cord blood bank

**I plan to:**

Breastfeed exclusively

Combine breastfeeding and formula-feeding

Formula-feed exclusively

**The following can be offered to my baby:**

Formula

Pacifier

Please don't offer anything to my baby at any point

**I'd like my baby fed:**

On demand

On a schedule

**If my baby's a boy:**

I'd like him circumcised at the hospital.

I'll have him circumcised later.

I don't want him circumcised.