

CHOICES IN CHILDBIRTH



Our goal is to make your birthing experience positive and personal. We encourage our pregnant patients to become educated about their upcoming birth. By creating a plan for your delivery, you have taken the time to learn a little about the process of giving birth, hospital procedures, and what to expect, overall. A birth plan is a way to communicate your preferences to your physician and your nurse in the hospital.

Name: _____

Significant Other: _____

Person(s) present for delivery: _____
(I understand that family or friends may be asked to leave the room if complications arise.)

The following items do not need to be covered in your birth plan:

- We will only give you an enema if you request one
- We will only shave you if you need a cesarean section
- Your significant other will not be separated from you during your labor
- We routinely "labor down" (let the baby's head descend before pushing) when completely dilated unless otherwise indicated
- We do not perform episiotomies *routinely*
- If you are awake during your C-section, you may have one person in the operating room with you.

Your nurses and doctors will explain any changes in your plan of care if they arise.

Please check which options below you would like to try:

Comfort Measures:	Yes	No	Comments
Birthing Ball			
Walking			
Rocking Chair			
Relaxation/Breathing			
Aromatherapy			
Shower Therapy			
Position Changes			
Pain Medication			
Epidural			
Delivery:			
Mirror positioned to watch baby crown?			
Labor partner to cut umbilical cord?			
Baby to be placed on Mom's abdomen?			
I plan to: Breastfeed			
Bottle-feed			

Special Requests: _____
