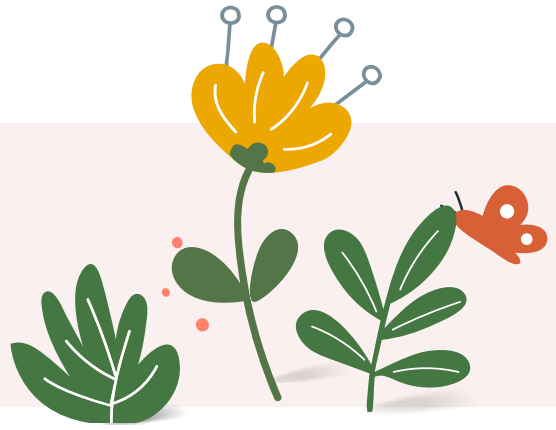


BIRTHING PLAN



A birth plan is an outline of your preferences during your labor and delivery. Your birth plan may include who and what you want with you during labor, You can include anything you think will make your labor and birth more comfortable for you.

WHAT SHOULD I INCLUDE IN A BIRTH PLAN?

* **The basics:** Your name, your doctor's name and contact information, etc.

Atmosphere: Think about what makes you feel most comfortable during your delivery

Labor preferences: Include any preferences you have for your labor.

Pain meds: Pain management during labor is very important. Ask your doctor about your options

Delivery preferences: if you want to have a vaginal/natural birth or a C-section. Ask your doctor about the possibilities.

*

Who Should Review My Birth Plan?

Review your birth plan with your partner and your doctor well before hand.



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