



Use this easy fill-in-the-blank birth plan to prepare yourself for delivery and communicate your wants and needs to your medical team.

Full name:	Partner's name:
Today's date:	Due date/Induction date:
Doctor's name:	Hospital name:
Please note that I:  Have group B strep Am Rh incompatibility with baby Have gestational diabetes	My delivery is planned as:  Vaginal C-section Water birth VBAC
I'd like  Partner: Parents: Other children: Doula: Other:present before AND/OR during labor	
During labor I'd like	
Music played (I will provide)	To wear my own clothes
The lights dimmed	To wear my contact lens the entire time
The room as quiet as possible	My partner to film AND/OR take pictures
As few interruptions as possible	My partner to be present the entire time
As few vaginal exams as possible	To stay hydrated with clear liquids & ice chips
Hospital staff limited to my own doctor and nurses (no students, residents or interns present)	To eat and drink as approved by my doctor





I'd like to spend the first stage of labor:  Standing up Lying down Walking around In the shower In the bathub	I'm not interested in:  An enema Shaving of my pubic area A urinary catheter An IV, unless I'm dehydrated (and a heparin or saline lock IS/IS NOT okay)
I'd like fetal monitoring to be:  Continuous Intermittent Internal	<ul><li>External</li><li>Performed only by Doppler</li><li>Performed only if the baby is in distress</li></ul>
I'd like labor augmentation:  Performed only if baby is in distress  First attempted by natural methods such as nipple stimulation  Performed by membrane stripping  Performed with prostaglandin gel	Performed with Pitocin Performed by rupture of the membrane Performed by stripping of the membrane Never to include an artificial rupture of the membrane
For pain relief I'd like to use:  Acupressure Acupuncture Breathing techniques Cold therapy Demerol Distraction Hot therapy Hypnosis Massage	Meditation Reflexology Standard epidural TENS Walking epidural Nothing Only what I request at the time Whatever is suggested at the time





During delivery I would like to:  Squat Semi-recline Lie on my side Be on my hands and knees Stand Lean on my partner	Use people for leg support Use foot pedals for support Use birth bar for support Use a birthing stool Be in a birthing tub Be in the shower
I will bring a:  Birthing stool Birthing chair	Squattng bar Birthing tub
As the baby is delivered, I would like to:  Push spontaneously  Push as directed  Push without time limits, as long as the baby and I are not at risk  Use a mirror to see the baby crown  Touch the head as it crowns  Let the epidural wear off while pushing  Have a full dose of epidural	Avoid forceps usage  Avoid vacuum extraction  Use whatever methods my doctor deems necessary  Help catch the baby  Let my partner catch the baby  Let my partner suction the baby
I would like an episiotomy:  Used only after perineal massage, warm compresses and positioning  Rather than risk a tear  Not performed, even if it means risking a tear  Performed only as a last resort	Performed as my doctor deems necessary Performed with local anesthesia Performed by pressure, without local anesthesia Followed by local anesthesia for the repair





Immediately after delivery, I would like:  My partner to cut the umbilical cord  The umbilical cord to be cut only after it stops pulsating  To bank the cord blood  To donate the cord blood	<ul> <li>To deliver the placenta spontaneously and without assistance</li> <li>To see the placenta before it is discarded</li> <li>Not to be given Pitocin/oxytocin</li> </ul>
If a C-section is necessary, I would like:  A second opinion To make sure all other options have been exhausted To stay conscious My partner to remain with me the entire time The screen lowered so I can watch baby come out	<ul> <li>My hands left free so I can touch the baby</li> <li>The surgery explained as it happens</li> <li>An epidural for anesthesia</li> <li>My partner to hold the baby as soon as possible</li> <li>To breastfeed in the recovery room</li> </ul>
I would like to hold baby:  Immediately after delivery  After suctioning  After weighing  After being wiped clean and swaddled  Before eye drops/ointment are given	I would like to breastfeed:  As soon as possible after delivery Before eye drops/ointment are given Later Never
I would like my family members:  (names:)  To join me and baby immediately after delivery  To join me and baby in the room later	Only to see baby in the nursery To have unlimited visiting after birth





I would like baby's medical exam & procedures:  Given in my presence Given only after we've bonded Given in my partner's presence To include a heel stick for screening tests beyond the PKU To include a hearing screening test To include a hepatitis B vaccine	Please don't give baby:  Vitamin K  Antibiotic eye treatment  Sugar water  Formula  A pacifier
I'd like baby's first bath given:  In my presence In my partner's presence By me By my partner	I'd like to feed baby:  Only with breastmilk Only with formula On demand On schedule With the help of a lactation specialist
I'd like baby to stay in my room:  All the time During the day Only when I'm awake Only for feeding Only when I request	I'd like my partner:  To have unlimited visiting To sleep in my room
If we have a boy, a circumcision should:  Be performed  Not be performed  Be performed later	<ul><li>Be performed with anesthesia</li><li>Be performed in the presence of me AND/OR my partner</li></ul>





As needed post-delivery, please give me:  Extra-strength acetaminophen  Percoset	After birth, I'd like to stay in the hospital:  As long as possible  As briefly as possible
Stool softener  Laxative	
If baby is not well, I'd like:  My partner and I to accompany it to the NICU or another facility  To breastfeed or provide pumped breastmilk  To hold him or her whenever possible	