

THINGS TO CONSIDER FOR YOUR BIRTH PLAN

I want to choose a provider and birth setting that is comfortable practicing the kind of birth experience I am hoping to have	When I make my first prenatal appointment, I want to be told who my assigned caregiver or provider will be, as well as the hospital where I will give birth
I would like to give birth at a freestanding birth center or at home	I would like to give birth in a hospital
I wish to have a vaginal birth	I wish to have a cesarean birth
I would like to have a birth experience that does not involve medications/interventions, and offers various options for comfort and support	I would like to have medications administered during labor to manage the pain involved with giving birth.
When in labor I want to be able to wear my own comfortable clothing	When in labor I want to use the hospital gown and clothing they give me
If I have a special request, I would like my provider and support staff to honor my request to the best of their ability	I don't think I can request anything special from my provider and nursing staff
I want my labor to start on its own	I want my labor to be medically induced with prostaglandins or Pitocin
I want my amniotic sac to release on its own	I want my amniotic sac to be ruptured artificially
In labor I would like the support of a birth doula and my family	In labor I would like limited support & the number of people supporting me restricted
When in labor I want my provider and nursing staff to first obtain my informed consent before administering any medication or intervention	When in labor I want my provider and nursing staff to decide what interventions or medications I need
In labor I do not want an epidural	In labor I will want an epidural

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In labor I want my baby's heart rate to be monitored intermittently, and only as needed	In labor, I want to be continuously attached to an electronic fetal monitor
While in labor I wish to be able to move around freely-as my body guides me	I wish to labor in bed
When in labor I want to be able to use the shower or large birthing tub when I feel the need	I do not want to labor in the shower or tub
In labor I would like to be able to eat and drink as desired	In labor I would like an intravenous line to get hydrated & have oral hydration restricted
I want to push my baby out when my body spontaneously tells me it's time	When my provider or nurse thinks it's time to push my baby out, I want to be directed on how to push
When my baby is crowning, I want my intuition to guide me in what position I want to give birth; upright, on my side, hands and knees	When my baby is crowning, I want my provider to tell me how to position my body
At the time of birth, I want my baby immediately placed on my belly. I do not want our bonding and skin to skin time interrupted for at least 1 hour	Upon birth I want my baby to go immediately to the warming crib, to be evaluated, cleaned, and wrapped in warm blankets
After my baby is born, I want my baby placed directly on me and for them to not cut the umbilical cord until after it has stopped pulsating.	After the baby is born, I want them to immediately cut the umbilical cord and take care of my baby as they deem best.