



My Maven Birth Plan

(For Planned C-Section)

There are certain things in life that you don't want to leave to chance—and labor is certainly one of them. Having a plan in place will help you prepare for the birth of your baby and going through this document will help you make decisions important to you and your delivery team. Note: hospital rules and regulations vary. We strongly recommend checking with your care provider in advance to make sure they can accommodate your plan.

My full name: _____

My due date/induction date: _____

My provider's name/practice name: _____

Birth Plan To-Do List:

Take a tour

Before your due date, consider taking a tour of your hospital's labor and delivery ward, as well as the postpartum area. This helps some moms prepare mentally for the big day. It's also a chance to share your birth plan and make sure it complies with your hospital's rules and regulations. While you're there, make sure to ask about the typical length of hospital stays for new moms (2-4 days is considered average). Many insurance plans cover a 2 day hospital stay for a vaginal delivery and 4 days for a C-section. Hospitals vary in terms of their rules (for example, some hospitals won't let you be induced until 7 days after due date).

Consider cord blood

What is it?

After the baby is born, a medical professional can extract blood from the umbilical cord. This blood contains valuable stem cells that may be able to help treat diseases such as leukemia and sickle-cell anemia. If you want to store your baby's cord blood, you need to order a kit before you go to the hospital.

Your storage options: public vs. private

There are two types of cord blood companies: public and private. Private companies collect and store cord blood for families in case the baby or another family member needs a stem cell transplant in the future. Two commonly used private services are ViaCord (viacord.com) and CBR (cordblood.com). Potential costs include: initial collecting and processing (\$1,300 - \$3,000) and an annual storage fee (\$90-\$175 per year).

Public cord blood banking works differently. The cord blood isn't just for your child or family; it's stored and made available for any patient with a stem-cell treatable disease (much like traditional blood donation). The collection and storage of cord blood are free.

My Birth Preferences

I am planning a C-section for the following reason (select all that apply)

- ☐ I am fearful of a vaginal delivery and would prefer to have a C-section
- ☐ I had a previous C-section
- ☐ Recommendation from my physician based on risk factors associated with a vaginal birth
- ☐ My baby is in breech
- ☐ Other: _____

Part 1: Labor

This section reviews your preferences during delivery

During my operation, I'd like:

- ☐ To be given a spinal or epidural
- ☐ I would like a non drowsy, anti nausea medication
- ☐ To have dissolvable stitches
- ☐ I'd like to have _____ present for the procedure
- ☐ I'd like to have a sheer screen to watch, if possible
- ☐ I'd like to have it explained as it happens
- ☐ I'd like my hands free so I can touch the baby (depending on hospital policies)
- ☐ I'd like to have music playing

For baby's birth (Select all that apply):

- ☐ I'd like the screen to be lowered
- ☐ I'd like to have it filmed or photographed
- ☐ When finding out the gender, I'd like to be told by the medical staff

Delivery Room environment preferences (Select all that apply):

- ☐ I will bring my own music to play during labor and delivery
- ☐ I am interested to receive playlist options from Maven
- ☐ Minimal sound
- ☐ Other: _____

I would like the following people present in the delivery room (Select all that apply):

- ☐ Partner
- ☐ Parents
- ☐ Friend
- ☐ Other family members

Part 2: After Delivery

Your preferences for care after the baby is born

My umbilical cord:

- ☐ Have my partner or _____ cut the cord
- ☐ Delay clamping and cutting of the cord (after it stops pulsating)
- ☐ Send the cord blood to the cord blood bank (Company name _____)

My placenta:

- ☐ I would like the hospital to take it
- ☐ I would like to take it home (note, there may action steps taken by the hospital for the release of your placenta)
- ☐ I want the placenta collected by banking
- ☐ Other special instructions:

If my baby is a boy:

- ☐ I want my baby circumcised prior to leaving the hospital
- ☐ I do not want my baby circumcised prior to leaving the hospital

If baby is required to go into the neonatal intensive care unit, I want my partner to:

- ☐ Stay with me during recovery
- ☐ Be with baby

I want to hold my baby for the first time:

- ☐ Right away after delivery (skin to skin)
- ☐ After being wiped clean
- ☐ After weighing and initially cleaning my baby
- ☐ After my baby is cared for in the well baby nursery
- ☐ Other: _____

I want to feed my baby with:

- ☐ Breast milk
- ☐ Formula
- ☐ Both

I want to start breastfeeding:

- ☐ As soon as possible after delivery
- ☐ After discussing with lactation consultant
- ☐ When I feel comfortable
- ☐ Other: _____

Bottle and pacifier preferences:

- ☐ Please consult me before my baby is offered a bottle or a pacifier
- ☐ Provide my baby with a bottle
- ☐ Provide my baby with a pacifier

Other Notes

My Hospital Packing List

We asked Maven users who are new moms for their top ten must-haves for the big day.

1. Toiletries: shampoo, conditioner, lip balm, moisturizer
2. Hair ties
3. Makeup
4. Phone charger
5. Snacks (you might want to eat something after delivery)
6. Extra underwear and extra-absorbent pads
7. Nursing bra
8. Pajamas
9. Warm socks (with grippers to prevent slipping on hospital floors)
10. Mom's and baby's clothes for leaving the hospital

Additional items:

