

# WHAT TO INCLUDE IN YOUR BIRTH PLAN

**Here are some details you might want to include when creating your birth plan:**

## **During Labor:**

- I want my husband with me throughout the birth of our child
- I'd like to go through labor and delivery without any medication or drugs unless it's medically necessary.
- I'd rather not be offered pain relief by the nurses.
- I'll be using natural methods like massage, water immersion, meditation, and breathing to help manage the pain.
- I'd prefer not to have any medication to speed up the labor process.
- I'd like my water to break on its own.
- I'd like to eat and drink as needed during labor.
- If we need to speed things up, I'd like to try natural methods first.
- Continuous monitoring is fine as long as it's cordless and I can still move around or get into the bath.
- I'd rather avoid internal exams unless it's necessary to confirm active labor or check for complete dilation before pushing.
- I want to move around freely during labor with dim lights and music.
- When it comes time to push, I want to be in whatever position feels most comfortable.
- I prefer no episiotomy unless it's absolutely necessary for the baby's safety. Perineal support, massage, or hot compresses are okay to help avoid tearing if needed.
- I'd rather not use forceps or a ventouse unless the doctor says it's medically necessary.
- Let's try all natural options before considering a C-section.

## **Birth Preferences:**

- If possible, I want my husband to receive the baby first with the doctor's help and have him placed on my chest.
- Please wait at least 3 minutes before cutting the cord (we're not collecting cord blood).
- Keep the baby on my chest and don't separate us.

- I would like to have skin-to-skin contact with my baby as soon as medically possible.
- If a C-section is needed, I want my husband with me the whole time. I want to be conscious during the surgery, have skin-to-skin contact with the baby in the theater, and offer the breast as soon as the baby wants.
- I'd rather wait 10 minutes before delivering the placenta and then have a shot to help it along.

### **Newborn Procedures:**

I am declining/consenting to the following tests:

- Hepatitis B and BCG vaccines
- Vitamin K shot
- Circumcision
- Hearing test
- PKU test
- Necessary emergency treatment

If I am unconscious, I want my husband/partner to stay with my baby the whole time.

### **After Birth:**

- I plan to exclusively breastfeed. Please don't offer a pacifier, sugar water, or formula if my baby will be placed in the NICU.
- I want the baby to stay in my room 24/7, and me or my husband will go with the baby for any testing.
- I don't want any pain medication post-labor and will manage any after-pains naturally.

# BIRTH PLAN SAMPLE

**Name of Patient:**

**Birthday:**

As we eagerly anticipate the arrival of our little one, we've put together this birth plan to share our hopes and wishes for the labor and delivery experience:

Labor:

Birth preferences:

Newborn procedures:

Thank you for taking the time to learn about our birthing preferences. We appreciate your support in understanding and respecting our preferences as we embark on this incredible journey of bringing new life into our family.

Respectfully yours,

**(PATIENT'S NAME and SIGNATURE)**

**(OB-GYN'S NAME and SIGNATURE)**