

A Birth Plan Example

This is our first baby and we have put together some preferences for the birth. We understand that things don't always go according to plans and we are prepared to be flexible. We have educated ourselves regarding these choices. We understand that complications arise and if they do, we would like our physician to discuss with us any procedures and medications before administering them (if this is possible).

It is very important to us that our baby be baptized. If the baby has significant health problems we would like to baptize the baby as soon as possible in the hospital. If we cannot reach our priest, we would like the Chaplain on call for the hospital to baptize the baby. In a truly life-threatening situation, my husband and I are prepared to perform the baptism if a clergyman cannot be reached.

We really appreciate your help and support during the birth of our child. Thank you so much for taking the time to review our plan.

Labor

- I would prefer not to be separated from husband at any point during labor or birth
- If available, I would like a birthing room with a tub
- If my water breaks at the onset of labor, I would like to wait 6-12 hours before inducing, as long as the baby's and my condition permits
- I would like to eat and drink during labor
- If I need an IV, I would prefer to use a heparin or saline lock
- I am aware of my pain medication options and I will request pain medication if I would like it
- I am hoping to handle pain in the following ways:
 - Massage
 - Relaxation/breathing techniques
 - Hot/cold therapy
 - Tub
- I would like to be free to walk and move around as I choose during labor
- I would like the baby to be monitored externally and intermittently, unless the baby's condition requires more frequent or constant monitoring

- I would rather risk a tear than have an episiotomy

- I would like to try any and all other options before forceps or a vacuum extraction are used

Cesarean Birth

- I would like my husband to be present at all times during the operation

- I would like to be conscious

- I would like to have immediate contact with our baby, as long as the baby is in good health and I would like to have one hand free to touch our baby immediately

Post-Birth

- I would like to hold our baby immediately after birth
- My husband would like to cut the umbilical cord
- I would like to postpone all newborn procedures until we have had a chance to bond with our baby
- We would like all newborn procedures to be performed in our presence
- I am planning to breast feed and I would like to try and breast feed immediately following birth
- I would prefer that no artificial nipples (bottles or pacifiers) be offered to our baby
- If our baby is a boy, we would like to have him circumcised and one or both of us would like to be present at the circumcision.