

BIRTH PLAN

The most common problem with birth processes are the unexpected out comes. The purpose of this birth plan is to increase your clarity so that your wishes can be followed through-out the birth process. Below, you are going to be describing your ideal situation so you may match your expectations with those of the caregivers and people that are supporting you. Please complete as fully as possible.

1. Who are the caregivers? _____

2. What do you expect from your caregivers? _____

3. Place/ location of birth _____

4. What position do you want to give birth in? _____
(i.e.: lying down, sitting in bed, squatting, birthing chair)

5. Testing: Which tests do you wish and not wish to be performed _____

(i.e.: x-rays, ultrasound, amino, chorionic villus sampling, fetal monitoring)

6. Which surgical procedures do you wish or not wish to be performed and under which conditions may they be performed. (i.e.: induction of labor, episiotomy, c-section, scraping of membranes, epidural, etc.) _____

7. Which drugs(if any) will you allow to be given to you? _____

8. Which drugs do you consent or refuse to be given to your baby? (i.e.: , Hep-B vaccine, antibiotic cream for child's eyes, other antibiotics) _____

9. If either you or your baby need blood, do you want it from a blood bank or do you have someone easily accessible to donate? _____

10. What testing/ procedures do you want or want to refuse for your baby? (i.e.: PKU, platelet count, Vit. K shot, circumcision) _____

11. Who are your support people? (those who you wish to be present at your birth) _____

12. Who will be with your other children or will they be present at the birth? _____

13. Do you want video-taping or picture taking? _____

14. Specify any wishes in case of complications: _____

13. Do you want the baby lain on your chest immediately? _____

14. Do you want to wait for the cord to stop pulsating before it is cut? _____

15. Will you be breastfeeding? _____ Do you need support ? _____

16. Names of people you wish contacted subsequent to birth (include phone #'s)

The purpose of this plan is to make clear in your mind, how you want your birth to go, prior to going into labor. Please allow your care giver to be aware of your decisions at an early stage in your pregnancy.

If you have any other additional comments or concerns, please add them below.