



BIRTH PLAN

A QUICK REFERENCE GUIDE

Y N

NOTES

Practitioner

- OBGYN
- Doula
- Midwife

I will give birth at:

- Hospital
- Birthing center
- Home

My Environment Preferences

- Music
- Low lighting
- Shower/bath
- I want to walk and move about

Who will be there?

- Spouse or partner only
- Parent, one, both?
- Siblings or friends?

Positioning

- Bed
- Chair
- Water birth

Labor and Pain Options

- Continuous fetal monitoring
- Epidural
- Pain meds
- Local massage & warm compress



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Umbilical Cord

Delay clamping?

Who cuts the cord?

Partner?

Other: _____

Save the cord?

Cord banking?

Afterbirth

Keep

If kept, encapsulation?

Eye Ointment

Yes

Delay

Decline

Bathtime

Bath right away

Delay for skin to skin contact

Skip bath until home

Vitamin K Shot

Accept?

Standard injection

Preservative free injection

Oral only

Hepatitis B Vaccine

Accept?





• **BIRTH PLAN** •

What practitioner(s) do you want?

Notes _____

OBGYN



Notes _____

Doula



Notes _____

Midwife



Where will your baby be born?

Notes _____



Hospital



Notes _____



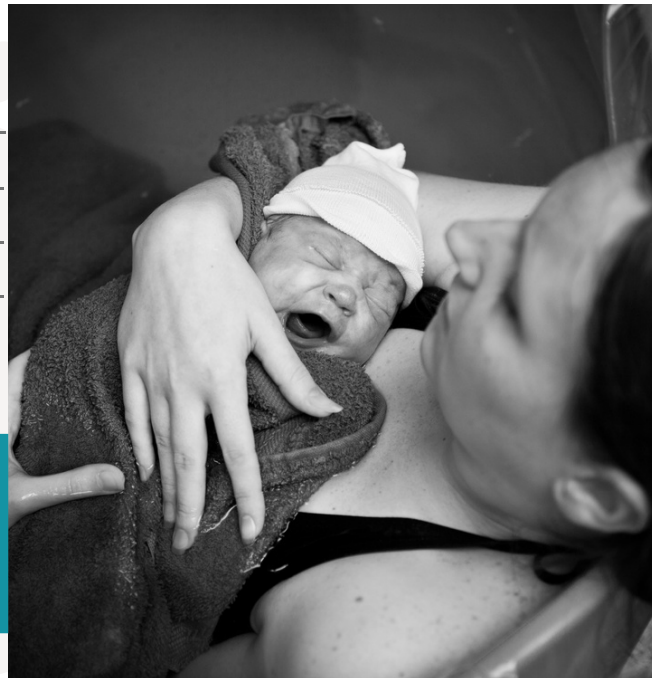
Birthing Center



Notes _____



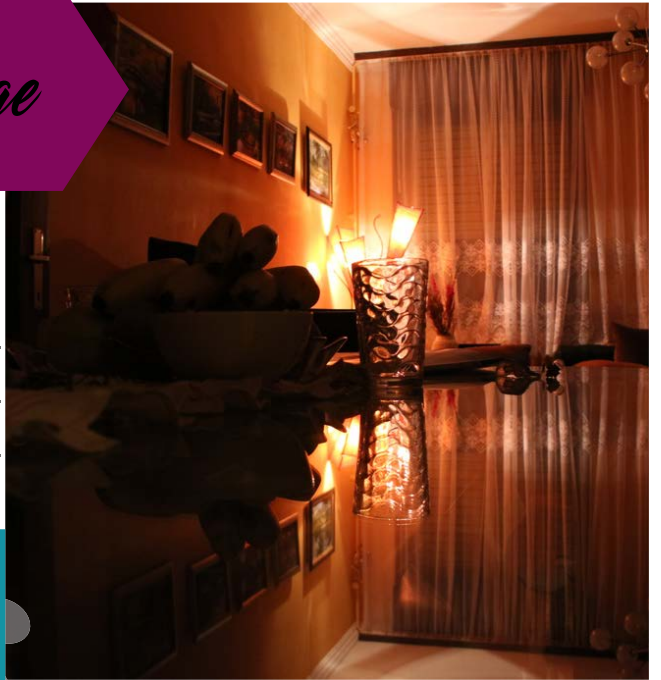
At Home



Environment: Setting the Stage

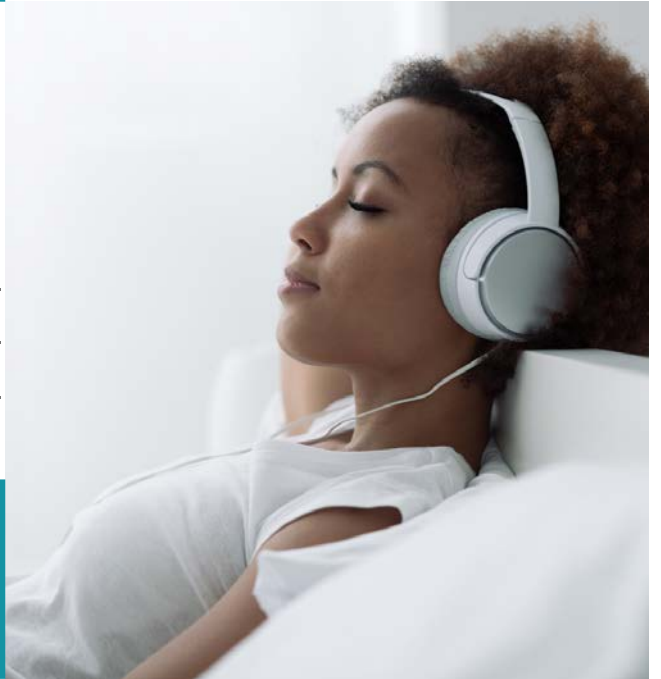
How do you want the room?

Lighting



What music or sounds, if any do you want playing?

Music



Do you wish to soak in a tub, or shower during labor?

Showers or baths



Who will be there?

Write down who is invited to join you during labor.

1. _____
2. _____
3. _____
4. _____
5. _____



Are there any exceptions to this list? Can others visit before hard labor begins?

1. _____
2. _____
3. _____
4. _____
5. _____



Is there anyone who is not permitted to attend?

1. _____
2. _____
3. _____
4. _____
5. _____



Getting Ready

How do you envision laboring?

- I'll lay in a bed
- I'll sit
- I may kneel
- I'll walk as long as I can
- I'd like a water birth
- Not sure, I'm open
- Continuous fetal monitoring?



How to do plan to manage pain during labor?

- Give me the epidural.
- I'm going natural.
- I prefer pain medicine.
- I'm trying to do this on my own but I'm open to an epidural or pain meds.



Other labor choices

Sometimes an episiotomy can be avoided with warm compresses and massage. Are you open to these techniques?

YES NO



The Cord & Afterbirth

Will you delay cord clamping?

- Yes, for at least 10 minutes
- Yes, for at least 5 minutes
- No

Who will cut the cord?

Name of individual

Are you keeping the cord &/or placenta?

YES NO

I plan to have the cord collected for stem cells through this cord bank:

I plan to have the placenta encapsulated with this assistance:



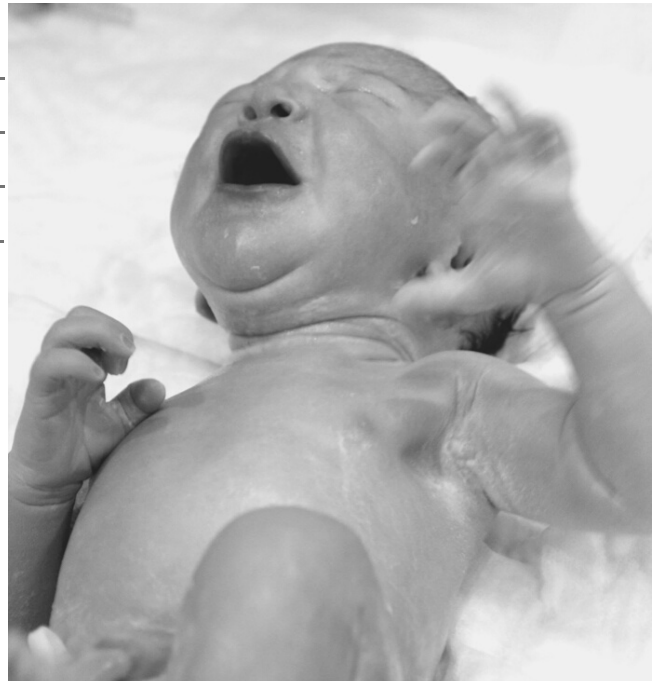
Decisions for Baby

Will you allow eye ointment?

- Yes, after at least 10 minutes
- Yes, after I've held my baby
- No I'll skip this.



What concerns will you share when asked?



Will you allow your baby to be bathed shortly after birth?

YES NO

If not, how long do you want to wait before your baby is bathed?

- 24 hours
- 48 hours
- I will bathe my baby at home once we are settled.
- Other: _____



Decisions for Baby

Will you allow the synthetic vitamin K shot?

- Yes, the standard injection
- Yes, the preservative free injection
- Yes, oral only
- Only if there are concerning issues
- No



What concerns will you share when asked?



Will you allow the Hepatitis B Vaccine?

YES NO

What concerns will you share when asked?

