



When you go into labour, your birth plan speaks for you. It stipulates your wishes on everything from pain management to episiotomy options. Ensure that your Doctors, Doula and Partner each have a copy well in advance. The Birth Plan helps you identify and communicate your wishes to your healthcare team and for your own mental preparation of the time ahead in terms of labour, delivery and postpartum. However, it is also important to remember that your options may change due to the medical condition of you or your baby. A printed document gives you a place to make your wishes clear when you have to make a choice and also helps refresh your provider's memory when you're in labour.

### Personal Information

Your Name and phone number \_\_\_\_\_

Your Birth Partner name(s) and phone number \_\_\_\_\_

Relationship to you (Husband, Mum, Sister) \_\_\_\_\_

Other Birth Support (Doctor, Midwife, Doula) \_\_\_\_\_

Any previous labours or complications: \_\_\_\_\_

Your due date: \_\_\_\_\_

Hospital Name \_\_\_\_\_

### Baby's Gender

My baby is a boy. His name is \_\_\_\_\_

My baby is a girl. Her name is \_\_\_\_\_

I don't know my baby's gender. At the time of birth, I'd like to have \_\_\_\_\_ announce it.

### Preparation for Childbirth

Attended a childbirth class     Use of a Doula

### Environment in Labour Room

I will bring my own music     Would like to have the lights dimmed

I would like to keep the room as quiet as possible     Aromatherapy oils

### Foetal Monitoring

If I meet low risk criteria, I would like intermittent foetal monitoring

I would like to have my baby monitored continuously with an external foetal monitor

## Comfort Measures/Pain Relief

I would like to try the following coping strategies:

- Walking
  - Birth ball
  - Breathing & relaxation techniques
  - Position changes
  - Bath/shower
  - Massage
- other: \_\_\_\_\_

## Pain Medication (during labour/delivery)

- I plan to labour without the use of pain medication
  - I will ask for pain medication if I need it
  - I would like to have the nurse offer me pain medication
- other: \_\_\_\_\_

## If I ask for pain medication, I would like to consider using:

- IV medication
  - An epidural
  - Entonox (gas & Air)
- other: \_\_\_\_\_

## Vaginal/Cervix Examination

- I would like minimal examinations
- I am happy for examinations as deemed necessary by the medical staff
- No monitoring except for emergency situations

## Pushing

When it is time to push, I'd like to:

- Push instinctively, in response to my body's cues
- Be coached on when to push and for how long (most common with an epidural)

## Vaginal Birth

I would like to:

- View the birth using a mirror
  - Touch my baby's head as it crowns
  - Avoid having an episiotomy (an incision to enlarge the vaginal opening for birth)
- Other: \_\_\_\_\_

## Cutting the umbilical cord

- I would like to have \_\_\_\_\_ cut the cord
- My labour partner does not want to cut the umbilical cord

## Greeting My Baby

I would like to:

- Have the baby placed skin-to-skin immediately after birth
- Have my baby cleaned off before being placed skin-to-skin
- Hold my baby as soon as possible, putting off procedures that aren't urgent
- I would like to hold the baby as the placenta is delivered

## Infant Feeding

During my stay in the hospital:

- I plan to breastfeed
  - I plan to formula feed
- other: \_\_\_\_\_

## Circumcision

If my baby is boy:

- I do not want to have him circumcised
- I would like to have him circumcised at the hospital
- I will have him circumcised later

## Caesarean Birth

If I have a Caesarean birth (surgical delivery of my baby through an abdominal incision), I would like

- My labour support person present
- The umbilical cord left long so my labour support person can cut it shorter
- The baby given to my labour support person as soon as possible

Other (Preference for staples or stitches, for example) \_\_\_\_\_

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Any additional preferences you have for your birth experience. You may have special routines, have brought special music that you'd like to play, traditions or expectations that are part of your beliefs about birth or family/faith heritage.

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Mum's Signature

Date

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### Tips

It might be useful for you and your birth partner to agree on a special word, which you can use if you are not happy with something that is happening but finds it hard to verbalise it. You can easily change your mind during labour, but it is not always easy to get your point across. Share this with your doula if you are using one.