

My Birth Plan

1. My doctor is _____ or _____
2. When I think I am in labor, I have been instructed to:
3. If my water breaks my doctor said I should:
4. My support person/coach is going to be _____
5. Things my doctor said I can eat or drink when labor begins are:
6. Things I want to be sure to tell the doctor/nurse about myself and my pregnancy when I get to the hospital are:
7. Will I have an I.V.?
What is it? What is it for?
8. Will I have a fetal monitor?
What does it do? Will I be able to get out of bed?
9. Will I need an internal fetal monitor?
What is it? Does it hurt the baby?
10. Will I need a catheterization?
 - a. What is it? What is it for?
11. Items I can bring to the hospital to help me feel more comfortable are:
12. If I need pain medication during the labor I would prefer
 - a. Drug _____
 - b. When will it be administered? _____
 - c. How will it be given? _____
 - d. How will the drug make me feel? _____
 - e. How will the drug affect my baby? _____
13. I want to have an epidural
 - a. As soon as I arrive at the hospital
 - b. When I determine I want it during labor
 - c. I really don't plan to have an epidural
 - d. I want to leave the option open, just in case

14. Procedures that will be done to me in the delivery room are:

15. If the labor and delivery don't go the way I planned, I will probably feel:

16. People I can talk to and count on to give me support are:

17. The hardest part of the whole birth experience is probably going to be:

18. I will be staying in the hospital for _____ days.

ANSWER YES/NO

19. I want to touch/see the baby's head when it crowns. _____

20. I want a mirror in place to watch the birth. _____

21. I want the baby placed on my stomach immediately after birth. _____

22. I want a camera or video used during labor or birth. _____

23. I want music, soft lighting, massage during labor, delivery. _____

24. If I have a Cesarean section I want my coach with me. _____

25. I want to begin breastfeeding my baby in the delivery room. _____

26. I want my baby formula-fed. _____

27. If I have a boy, I want him circumcised. _____

28. I would like my baby in my room at all times. _____

29. I would like my family to visit us in the hospital. _____

30. I would like my friends to visit us in the hospital. _____

My coach has read My Birth Plan and will make my wishes known during labor and delivery.

Coach, Please sign and date here: _____