

Your birth plan

This is your plan as the mom-to-be and, while it serves as a guide for your healthcare team, it can be changed at any time.

Birth preference for the _____ family

Mother's name: _____ Partner's name: _____

Preferences during labor and delivery:

During labor, I prefer the birthing room to have

- Dim lights
- Peace and quiet
- Music of my choice

I prefer

- To move around
- To use a birthing ball and/or rocking chair
- Moving around is not important to me

I prefer

- Intermittent fetal monitoring (we must obtain and document fetal heart tones every 15–30 minutes in labor and every 5–15 minutes during pushing)
- Ongoing fetal monitoring using telemetry so I can walk around

For pain relief, I prefer

- Non-medicinal options (massage, walking, changing positions, shower, relaxation techniques)
- IV pain medications (brand names such as Stadol, Nubain, etc.) Note: Only available during early stages of labor.
- Epidural upon request

During delivery, I prefer

- Spontaneous pushing
- Directed pushing (pushing at certain times as directed by labor coach/nurse)
- To use people for leg support (Care Partner, etc.)
- To use foot pedals
- To use stirrups
- To labor in a birthing tub (where available)

During delivery, I prefer to have the following people present:

1. _____
2. _____
3. _____

Preferences for baby's care:

After delivery, I prefer

- Immediate cutting of the umbilical cord
- Delayed cutting of the umbilical cord (after it stops pulsating)
- My partner (or other family member) to cut the umbilical cord
- My baby to receive vitamin K
- My baby to receive erythromycin
- To breastfeed my baby right away

If my baby is a boy, I prefer

- No circumcision
- Circumcision

Notes:

Notes

The professional team members at Prisma Health are looking forward to having you deliver your baby with us. Please know that you and your family will receive the special care you deserve during this time.