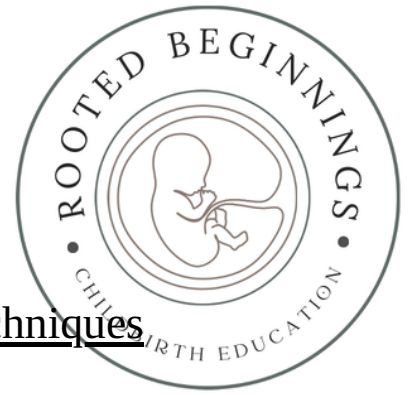


Birth Preferences

Know your options at every stage



Stage 1: Early & Active Labor

Interventions/augmentation of labor

- ☐ Membrane sweep
- ☐ AROM(artificial rupture of membranes)
- ☐ Foley/cooks catheter
- ☐ Cytotec (not compatible with VBAC)
- ☐ Cervidil
- ☐ Prostaglandin
- ☐ Pitocin
- ☐ Forceps
- ☐ Vacuum
- ☐ Episiotomy
- ☐ Contraction and heart rate monitors
- ☐ Oxygen
- ☐ IV fluids
- ☐ Hep Lock
- ☐ Antibiotics
- ☐ Blood transfusion

Non Invasive/ Natural labor induction

- ☐ Acupuncture
- ☐ Reflexology
- ☐ Nipple stimulation
- ☐ Castor Oil(midwives brew)

Fetal Monitoring

- ☐ None
- ☐ Handheld Doppler
- ☐ Intermittent
- ☐ Continuous
- ☐ Internal(fetal scalp)wireless

Cervical Exams

- ☐ None
- ☐ Limited
- ☐ As needed

Relaxation Techniques

- ☐ Hypnobirthing
- ☐ Vocalization
- ☐ Breathing Techniques
- ☐ Visualization
- ☐ Focal Point

Room atmosphere

- ☐ Music
- ☐ Dim Lighting
- ☐ Aromatherapy
- ☐ Wear your own clothes
- ☐ Students allowed
- ☐ Students not allowed in
- ☐ Quiet voices/minimal distractions

Pain Relief

- ☐ Hydrotherapy (tub/shower)
- ☐ Hot/cold packs
- ☐ TENS unit
- ☐ Massage
- ☐ Counterpressure
- ☐ Nitrous Oxide
- ☐ IV pain meds (narcotic)
- ☐ Sterile Water Injections
- ☐ Epidural
- ☐ - Only offered when asked for
- ☐ - Offered freely throughout labor

Nutrition

- ☐ Drinking/eating
- ☐ Ice chips
- ☐ IV fluids
- ☐ Sucker/honey stick/popsicle/etc

Stage 2: Pushing & Birth

Labor/birthing.positions

- ☒ Toilet (forwards/backwards)
- ☐ Ball (rocking/rolling/hip circles)
- ☒ Lunging
- ☐ Standing
- ☒ Laying down (side/back)
- ☐ Dancing/swaying
- ☒ Squatting
- ☐ Hands and Knees
- ☒ Birth Stool

Pushing

- ☒ Directed
- ☐ Spontaneous with the urge
- ☒ Counting
- ☐ Holding breath
- ☒ Breathing baby down
- ☐ Labor down
- ☒ Side lying
- ☐ Hands and knees
- ☒ Squat
- ☐ Tug of war

- ☒ In Water
- ☐ Lying on back
- ☒ Perineal support
- ☐ Perineal stretching
- ☒ Warm compress
- ☐ Mineral oil
- ☒ Episiotomy
- ☐ Prefer to tear
- ☒ Mirror to watch
- ☐ Touch head when crowning

Stage 3: Birth Of The Placenta

After Delivery

- ☒ Delayed cord clamping
- ☐ Immediate cord clamping
- ☒ Lotus Birth (placenta delivered attached to baby)
- ☐ Partner/mom cut cord
- ☒ Mom/partner catch baby
- ☐ Pitocin to expel placenta/control bleeding (IV or IM)
- ☒ Natural expulsion of placenta (no Pitocin/wait and see approach)
- ☐ Fundal Massage
- ☐ Skin to skin immediately
- ☒ Weight/measurement immediately
- ☐ Suction babies mouth and throat
- ☒ Deny suction
- ☐ Keep placenta (personal/capsules)

Stage 4: Immediate Postpartum

Baby/Immediate Postpartum

- ☒ Golden hour
- ☐ All assessments on mom
- ☒ All Assessments At warmer
- ☐ Erythromycin eye cream (immediate or delayed)
- ☒ Hepatitis B Vaccine(immediate or delayed)
- ☐ Vitamin K injection or sublingual
- ☒ Partner to be with baby if birther cannot
- ☒ Partner to stay with birther
- ☐ Bath asap
- ☒ Bath delayed/denied
- ☐ Skin to skin w/ birther and/or partner
- ☒ Breast/Chestfeed
- ☐ Bottle feed
- ☒ Formula
- ☐ Pacifier

Cesarean Birth Options.

- | | |
|--|---|
| ☐ Spinal anesthesia | ☐ Slow/gentle delivery |
| ☐ General anesthesia | ☐ Delayed cord clamp |
| ☐ Partner/doula/photographer present | ☐ One arm free |
| ☐ Photographs | ☐ Nausea meds or none |
| ☐ No small talk | ☐ Vaginal seeding |
| ☐ Music | ☐ Breastfeed in OR |
| ☐ Clear Drape | ☐ Breastfeeding in recovery |
| ☐ Drop drape/watch birth | ☐ Skin to skin in OR |
| ☐ Mirror to watch birth | ☐ Skin to skin in recovery |
| ☐ Bed angled for better view of birth | ☐ Partner skin to skin in OR |
| | ☐ Partner skin to skin in recovery |
| | ☐ Blood transfusion |
| | ☐ Iron supplements |

Legally and Ethically, you have the right to make informed decisions about your medical care. **With the exception of emergencies (where your or your baby's life is in danger)**, you can always ask for more information and time to thoroughly consider all your options with your trusted support team.

Due Date : _____

Dr/ OB: _____

Place of birth: _____

Partner Name: _____

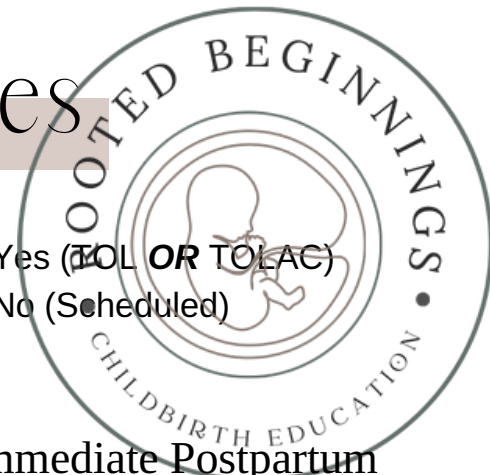
Relationship: _____

Present For Birth: YES___ NO___

The most important thing about my birth is:

Additional Birth Preference Notes

Cesarean Birth Preferences



My plan to have a cesarean birth includes a trial of labour:

- ☐ Yes (TOL **OR** TOLAC)
☐ No (Scheduled)

For The Birth

Anesthesia

- ☐ Spinal anesthesia
☐ General anesthesia

OR Atmosphere

- ☐ Partner present
☐ Doula present
☐ Photographs
☐ No small talk
☐ Music

Birth Experience

- ☐ One arm free
☐ Clear Drape
☐ Drop drape/watch birth
☐ Mirror to watch the birth
☐ Bed angled to view birth
☐ Slow/gentle delivery
☐ Blood transfusion
☐ Iron supplements
☐ Nausea meds

Immediate Postpartum

- ☐ Skin to skin in OR
☐ Skin to skin in recovery
☐ Delayed cord clamping
☐ Immediate cord clamping
☐ Lotus Birth
☐ Partner to cut the cord
☐ Keep the placenta
☐ Vaginal seeding
☐ Golden Hour

Newborn Care & Procedures

Infant Feeding

- ☐ First feed in OR
☐ First feed in recovery
☐ Breast/Chest Feed
☐ Bottle Feed
☐ Syringe feed colostrum
☐ Lactation aid
☐ Cup feed
☐ Formula
☐ Expressed/pumped milk
☐ Visit with IBCLC in hospital

Newborn Procedures

- ☐ Erythromycin eye cream
☐ Hepatitis B Vaccine
☐ Vitamin K injection or sublingual
☐ Bath asap
☐ Bath delayed/denied

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Due Date : _____

Dr/ OB: _____

Place of birth: _____

Partner Name: _____

Relationship: _____

Present For Birth: YES___ NO___

The most important thing about my birth is:
