



BIRTH PLAN

Birth Preferences:

We are planning on having the most natural birth possible. Should any circumstances arise that could cause us to deviate from our planned natural birth, we would like to be fully informed with clear explanations of any medical interventions you may suggest is required and what alternative options might be available.

About me/us:

Environment:

I plan to give birth at home/hospital/undecided (please circle)

My birth partner's names are:

I understand the importance of the birthing environment so I would like the use of bright lights to be avoided, please use dim lighting, soft music, and keep my room private with doors closed.

I am happy to have a student present at my birth: Yes/ No

Additional Comments:

Coping Strategies:

I understand the importance of keeping upright and active during labour and birth so I plan to mobilise throughout using various birthing positions, the birthing pool, a birthing ball and wish to avoid laying flat on a bed.

I will be using hypnobirthing techniques throughout my labour and birth: Yes / No

Comments:

I plan to use the birthing pool if available: Yes/No

Comments:

I plan to use complementary therapies: Aromatherapy / Reflexology / Hypnosis / Acupuncture / Pressure (Please circle)

Comments:

I plan to use non-pharmacological coping strategies such as breathing techniques, massage and other relaxation techniques: Yes / No

Comments:

I am aware of the pharmacological coping strategies, which are available to me, including Entonox (gas and air), diamorphine, pethidine and epidurals and have been informed of the benefits and risks of these. Please do not suggest or request that I need any pharmacological coping strategies- I will ask if I feel I need them.

Monitoring:

I want my baby's heartbeat to be monitored using a Doppler/pinard and to avoid continuous monitoring: Yes / No

Comments:

I am aware there can be indications for changing from intermittent auscultation to continuous monitoring of my baby's heartbeat but please discuss this with my partner and me first. I wish to remain active and upright if my baby requires continuous monitoring.

Eating and Drinking:

I understand the importance of eating and drinking in labour so I plan to eat and drink throughout labour as I please. Please do/do not remind me to eat and drink, and to use the bathroom.

Birthing:

I understand the importance of allowing my natural instincts to bear down my baby during expulsive phase so I plan to use mother-directed pushing. Please do not use any forced coached pushing with me.

If a mirror is available, I would like to use one to see my baby being born / I will have my own mirror: Yes / No

Comments:

I want to avoid an episiotomy unless it is an emergency: Yes / No

Comments:

Immediately after the birth:

I would like to have immediate and uninterrupted skin to skin contact with my baby: Yes / No

Comments:

I understand about the importance of avoiding early cutting of baby's cord. Do not clamp and cut my baby's cord until completely stopped pulsating.

I/my partner would like to discover the sex of the baby / I know the baby's gender (please circle)

My partner will stay with the baby if there is any emergency: Yes / No

Comments:

I plan to breastfeed / bottle-feed my baby (please circle)

Third Stage:

I would like a physiological / active third stage (please circle)

****However, we will fully make that decision once baby is born.**

I would like my baby to receive Vitamin K: Yes / No

Intramuscular/ Oral (Please circle)

Comments:

I would like to see/keep my placenta: Yes / No

Comments:

In the event of an emergency caesarean section:

In the event of an emergency caesarean section I wish to remain awake unless general anaesthesia is completely necessary and lower the drape so I can see my baby being born.

Comments:

I would like the baby to have skin-to-skin contact with either my partner or myself as soon as possible after the birth so please place ECG dots away from my chest.

Comments:

In the event of a caesarean section please respect my other birth preferences as previously discussed and ensure that the theatre team are aware of my preferences.

Any other comments:

Thank you in advance for supporting and respecting my choices in regard to my birth experience.