

Name:

Due Date:.....

In an emergency contact:.....

On:.....



Birth Partner:

Who will be your birth partner?

.....

Contact number for birth partner:

.....

Do you want them with you all the time?

.....

What relationship are they to you?

.....

Details of other birth partners or doula:

Name:

.....

Contact number:

.....

What role have you planned for them?

.....

Special needs:

Do you have any special requirements?
(dietary, religious, disabilities etc.)

.....

Homebirth:

Are you planning a homebirth?

.....

What room in your home do you plan to
labour and deliver in?

.....

Will you have other children present at the
birth?

.....

Do you have pets? Have you considered
whether you need to make special
arrangements for them?

.....

Positions for labour:

Do you want an active birth?

Would you like your midwife / birth partner to encourage you to change position and / or stay off your back?!

Birthing pool:

Are you planning a waterbirth?

Have you booked a pool?

Call 07799 376691 to discuss your requirements.

Do you plan to use water for pain relief and / or to give birth in?

Have you tested your pool and heated it to the recommended temperature for labour and birth?

Would you like your partner to join you in the pool? If invited!

During labour:

What level of internal examinations are you happy with? (check presentation, only when necessary etc.)

Would you consider having your waters broken? What about other interventions, do you have strong feelings about them?

Ambiance and alternative remedies:

I wish to use the following during labour and birth. (hypno-birthing CD, homeopathic remedies, Bach Rescue Remedy, aromatherapy oils, herbal medicines, music etc.)

To my birth partner, please remind me to use the above during labour!

Lighting and music – do you have any preferences?

Pain relief:

How do you plan to manage pain?

If any, what form of pain relief would you like, and in what order?

(TENs, massage, water, gas and air, pethidine, etc.)

During the birth:

Who can be present at the birth?

How do you think you might like to give birth? (squatting, kneeling, standing, in bed, all-fours, on floor, in pool etc.)

Do you intend to give birth in the pool or on "dry land"?

Would you like to feel your baby's head or view it using a mirror?

What are your feelings about having an episiotomy? How would you like this handled if it becomes necessary?

Are you intending to "catch" your baby, or your partner?

Do you want to find out what sex your baby is, or is it OK for your midwife to say?

After the birth:

Would your partner like skin-to-skin contact?

Do you or your partner want to cut the cord?

When do you want the cord cut? Straight away or when it has stopped pulsating?

Do you want your baby to be given Vitamin K? YES: Injection / Orally / No

Do you wish to stay in the pool with your baby after delivery? Or would you like the pool empty and refilled to enjoy later?

Would you like to be left alone with your baby and partner after delivery?

Delivery of the placenta:

Would you like to deliver the placenta naturally?

Would you like your baby to suckle to encourage third stage?

Would you like a managed placenta delivery (where the midwife gives you an injection of syntometrine to speed the delivery up)?

Do you intend to deliver the placenta in the pool?

Would you like to keep your placenta and if so have you made arrangements for it?

Your body:

If your perineum suffers a tear, how would you like the midwife to treat it? (stiches, allow it to heal naturally if possible etc.)

Emergencies:

Please discuss with me or my birth partner any issues that arise during labour and birth. Please explain clearly what the problem is, what the solution is, our options, possible outcomes etc.

If it is necessary to transfer you and your baby to hospital during labour or after the birth, is there anything you would like staff to take note of? Please expand below:

Please use the space below to add any further comments. Make sure your birth partner(s) and midwife have a copy of your birth plan: and have read it!