

BIRTH PREFERENCES

for
CLIENT & PARTNER LASTNAME

EDD: 01/14/16

CARE PROVIDER: Midwife or OB

DOULA: Staci Bishop

GENDER: Unknown

NAME: To Be Determined

ALLERGIES: None

FOR LABOR

- I prefer to labor at home until active labor begins.
- Should an induction become medically necessary, I prefer to try natural alternatives first.
- No vaginal examinations unless at my request.
- No amniotomy. I prefer for my membranes to rupture spontaneously.
- Intermittent monitoring to allow as much movement as possible.
- Do not offer pain medication. I plan to use techniques learned in Hypnobabies childbirth classes.
- I desire use of water therapy such as a shower or birth tub.
- I will use additional comfort measures such as breathing, positioning, birth ball, music and aromatherapy.
- No hep-lock. I will accept an IV if it becomes medically necessary.
- I prefer to labor in my own clothing.

FOR DELIVERY

- I will deliver in whatever position feels best at the time.
- I prefer to push without time limits as long as progress is being made.
- No episiotomy. Please support my perineum with massage, warm compresses, and slow pushing.
- I want to pull my baby up on my chest.
- Immediate skin-to-skin contact with baby is desired.
- Do not wipe off the vernix.
- Do not clamp the umbilical cord until it has stopped pulsing. My partner will cut the cord.
- No pulling or tugging on the cord. Please allow expectant management of the placenta without the use of Pitocin.
- Refrigerate placenta. I would like it released to us as soon as possible.

FOR CESAREAN

- I request that my partner be with me at all times during surgery. Should they need to leave, I respectfully request that my doula replace them so I am not alone.
- I request to have one arm free.
- The screen should be lowered so I can see the birth of my baby.
- Do not clamp the umbilical cord until it has stopped pulsing. In an emergent situation, please milk the cord before cutting.
- Do not wipe off the vernix.
- If baby is healthy, please place baby skin-to-skin as quickly as possible.
- Stitch a double-layer closure of the uterus.

FOR BABY

- Baby will be breastfed as soon as possible. No formula or pacifiers.
- We will delay eye ointment and vitamin K until baby has breastfed.
- We decline the Hep B vaccine.
- Baby will stay with us and all procedures or routine checks should be performed in our room.
- We do not wish to circumcise.
- We do not wish for the baby to be bathed at the hospital.
- We would like to go home within 12-24 hours following the birth.

