

MY BIRTH PREFERENCES



Because there is not a lot about birth you can plan, think of this as a communication tool to let everyone know what's important to know about you, your labor support team and your priorities for welcoming your baby. Review this with your partner and bring it to your appointment to share with your provider.

- My name: _____
- My support team (name(s)/relationship): _____
- Concerns regarding labor/delivery/postpartum: _____

- Important things to know about your culture, religion, or family traditions around birth and welcoming your baby: _____

- Important things to know about your path during this pregnancy that may impact this birth (i.e., number of pregnancies, ages of other children, invitro, previous loss, a surprise after vasectomy, moved recently, deployments, single, health issues, etc.): _____

STANDARD PRACTICES AT ISLAND HEALTH

The following processes are standards of care. Please check any you don't want or would like to ask your provider about in more detail.

- Active involvement with decision making – Team Birth
- IV access (only to be utilized when needed)
- Delayed cord clamping
- Immediate skin-to-skin after the birth
- Initiation of breastfeeding within the first 90 minutes
- No additional visitors until after first feed
- Rooming in
- No baby bathing
- Offering erythromycin eye ointment, vitamin K injection, hepatitis B and seasonal immunizations

LABOR OPTIONS

- I plan to have a doula present (Name: _____)
- I am okay with visitors during labor.
- I prefer no visitors other than my known support people.
- If I am not in active labor (6 cm.) when I arrive, send me home or for a long walk.
- I prefer to wear my own clothes. (Hospital gowns must be worn in the event of a C-section.)
- I will hydrate with water and ice chips and stay nourished with light snacks (no IV fluids unless medically necessary).
- I prefer to be active, using tools such as the tub, shower, birth ball, peanut ball, rocking chair and CUB.
- I would like cervical checks only when medically necessary.
- I want to avoid augmentation with Pitocin unless medically necessary.
- I want to avoid artificial rupture of membranes unless medically necessary.

MEDICAL PAIN RELIEF OPTIONS

- Don't offer pain medications; I know my options.
 - Let me know what pain medications I can request as soon as possible.
 - Ask me how I am coping vs. choosing a number on the pain scale.
- I am interested in the following:
- TENS unit (patient provided)
 - nitrous oxide
 - IV narcotic
 - epidural
 - counterpressure

NON-MEDICAL PAIN RELIEF OPTIONS

- Massage
- Birthing tub

PUSHING

- Partner wants to be near my head.
- Partner wants to help "receive" our baby.
- The person we would like to cut the cord, assuming it's not an emergency: _____
- I want to use physiological pushing—calm guidance, no counting to ten.
- I prefer to be coached when pushing.
- Please encourage me to use different pushing positions.
- I prefer to push on my back.
- I would like a mirror so I can see pushing/crowning.
- It is okay for a student to be present at my delivery (medical student, midwife or nurse).

IN THE EVENT OF A C-SECTION

- We prefer the screen to be open to view the delivery.
- We prefer to not see anything at the time of delivery.
- We would like pictures of the birth as permitted by OR staff.
- We would like to be talked through the procedure.
- Please do not tell me what's going on surgically.
- I would like music playing to help keep me calm.
- My partner would like to re-cut the umbilical cord at the warmer.

POST-PARTUM BABY CARE

- Early discharge (18 hours vs. 24 hours)
- Issue an abdominal binder
- Cloth diapers
- Baby's own clothes/blanket
- Feeding: colostrum formula
- If supplementation needed: cup/spoon finger feed/syringe
- Bottle with: hand expressed/pumped colostrum ready-to-feed Similac formula
- I would like to take my placenta home with me. (Puncture-resistant cooler and signed waiver after delivery are required.)
- Schedule first pediatric appointment with: _____
- Schedule a lactation appointment within a week of discharge

