

## Birth Plan - case study #14

Due Date: May 7th

*I understand that labor & birth are unpredictable and ultimately I want the health & safety of both the baby and I to take precedence. Except in extreme emergency, I request that all recommended procedures be explained thoroughly (benefits and risks) so that I can be included in the decision-making process. My husband will be with me, as well as our Doula. Below are items that are important to me. All of the requests are for a normal labor, birth, and postpartum period. Your help with these is very much appreciated. Thank you!*

### **I would like to avoid:**

- **Any interventions or augmentations** (no frequent vaginal exams, no exams done by residents/students/interns, epidural/pain medicine, no routine Pitocin injection after birth (unless excessive bleeding or medical emergency arises), no internal fetal monitoring/only intermittent monitoring, if constant monitoring is needed I request a wireless monitor.

**\*I prefer to have a non-medicated labor. Please don't ask in the midst of labor, if I want pain medicine, as I wish to give birth without pain medicine.**

**C-Section:** I hope to avoid a c-section, but if one becomes necessary, I would like dad to stay with me. I would like to remain conscious, dad to hold the baby ASAP, and to breastfeed ASAP.

### **I would love:**

A quiet, calm, peaceful, environment with dim lights & music. Please direct all communication to the dad.

**\*I'd like to be as mobile as my body allows & I'd like and to spend time in the tub. We would like to try out various positions for laboring and delivery.**

\*Please wait 3-5 minutes before cutting/clamping/touching umbilical cord or until it stops pulsating.

\***Placenta:** Please save placenta after birth for pick up by placenta encapsulator.

**Bonding:** I would like the baby delivered onto my chest for skin-to-skin for at least one hour. Any necessary procedures can be done while baby is on my chest, and I request that anything else waits until after the first hour or baby has breastfed.

**Breastfeeding:** I plan to breastfeed. Please do not give my baby a pacifier, any supplemental bottles, or sugar water etc.

**Baby Care:** No Hep-B vaccine (will be vaccinated at first pediatrician visit).