**BIRTH PLAN FOR**

**Labour**

Location

I would like to give birth at home

I would like to give birth in a midwifery birthing center

I would like to give birth in a maternity unit in hospital

Support people allowed in L&D room.

Planning for

an unassisted vaginal delivery

an assisted vaginal delivery

a cesarean section delivery

a vaginal birth after a c-section delivery

Delivery room atmosphere

music

dim lights

free movement

food and/or drinks

Foetal monitoring

continuous

intermittent

Induction methods

sweeping the membrane

breaking your water

prostaglandins

balloon catheter

Pitocin

Pain management

epidural

spinal block

opioids

nitrous oxide gas

breathing techniques

massage

counterpressure

aromatherapy

hydrotherapy

hot and/or cold compresses

Labouring Tools

birthing ball

peanut ball

squat bar

stool or chair

**Delivery**

Delivery Position

semi recline

lying on side

squatting

standing

kneeling on all fours

water birth

Episiotomy

Yes

No

No preference

Keep the placenta

Yes

No

In case of a C-section

full drape

clear drape

dominant arm free of monitor cuffs and IV

**For Baby**

Skin-to-skin

Yes, me first

Yes, partner first

Cord clamping

delayed clamping

Cord cut by

Feeding

breastfeeding

formula

donor milk

combination

Vaccinations, Vitamins, Medication

hepatitis B

vitamin K

erythromycin eye ointment

First bath

delayed

right away

Circumcision (If applicable)

Yes

No

Nursery

Yes

No, room with you