

BIRTH PREFERENCES

Name:

Partner's Name:

Dr Name:

Labour

Location

- At Home
- Birthing Center
- Hospital

Planning For

- Unassisted Vaginal
- Assisted Vaginal
- C-Section
- VBAC

Delivery Atmosphere

- Music
- Dim Lights
- Free Movement
- Food and/or Drinks

Labour

Fetal Monitoring

- Continuous
- Intermittent

Induction Method

- Sweeping Membranes
- Breaking Waters
- Prostaglandins
- Balloon Catheter
- Pitocin

Pain Management

- Epidural
- Opioids
- Nitrous Oxide Gas
- Massage
- Hydrotherapy

Delivery

Delivery Position

- Semi Recline
- Lying on Side
- Standing
- Kneeling on all Fours
- Water Birth

Episiotomy

- Yes
- No
- No Preference

Incase of C-Section

- Partner Present
- Full Drape
- Clear Drape
- Dominant Arm Free of IV and Monitor Cuffs

For Baby

Newborn Care

- Immediate Skin-to-Skin
- Delayed Cord Clamping
- Delayed First Bath
- Delayed Newborn Procedures
- Partner Cuts Umbilical Cord

Feeding

- Breastfeeding
- Formula
- Donor Milk
- Combination

Nursery

- Yes
- No, room with you

Other Instructions

- Keep Placenta
- Yes to Circumcision (if applicable)