



Use this easy fill-in-the-blank birth plan to prepare yourself for delivery and communicate your needs and desires to your medical team.

Full name: _____ Partner's name: _____

Today's date: _____ Due date/induction date: _____

Hospital name: _____ Doctor's name: _____

Please note that I:

- Have group B strep
- Have gestational diabetes

My delivery is planned as:

- Vaginal
- C-section

I'd like...

- Partner: _____
- Parents: _____
- Other: _____

...present before AND/OR during labor

During labor I'd like...

- Music played (I will provide)
 - The lights dimmed
 - The room as quiet as possible
 - As few interruptions as possible
 - As few vaginal exams as possible
 - Hospital staff limited to my own doctor and nurses (no students)
 - To wear my own clothes
 - My partner to take pictures
 - To stay hydrated with clear liquids & ice chips
 - To eat and drink as approved by my doctor
 - Photographer to take pictures
- Photographer name: _____



I'd like to spend the first stage of labor:

- Standing up
- Lying down
- walking around
- In the shower
- In the labor tub

For pain relief, I'd like to use:

- Breathing techniques
- Massage
- IV Medications
- Epidural
- Nothing

I'd like fetal monitoring to be:

- Continuous
- Intermittent
- Internal
- External

I would like an episiotomy:

- Used only after perineal massage, warm compresses, and positioning
- Rather than risk a tear
- Not performed, even if it means risking a tear
Performed as my doctor deems necessary

During delivery I would like to:

- Squat
- Semi-recline
- Lie on my side
- Be on my hands and knees
- Stand
- Lean on my partner
- Use people for leg support
- Use foot pedals for support
- Use birth bar for support
- Use a birthing stool

As the baby is delivered, I would like to:

- Push spontaneously
- Push as directed
- Push without time limits, as long as the baby and I are not at risk
- Use a mirror to see the baby crown
- Let the epidural wear off while pushing
- Avoid forceps usage
- Avoid vacuum extraction
- Use whatever methods my doctor deems necessary
- Help catch the baby



Immediately after delivery, I would like:

- My partner to cut the umbilical cord
- The umbilical cord to be cut only after it stops pulsating
- To bank the cord blood
- To see the placenta before it is discarded

If a C-section is necessary, I would like:

- To make sure all other options have been exhausted
- To stay conscious
- My partner to remain with me the entire time
- The screen lowered so I can watch baby come out
- My hands left free so I can touch the baby
- The surgery explained as it happens
- A spinal for anesthesia
- My partner to hold the baby as soon as possible
- To breastfeed in the recovery room

I would like to hold baby:

- Immediately after delivery
- After suctioning
- After weighing
- After being wiped clean and swaddled
- Before eye drops/ointment are given

I would like to breastfeed:

- As soon as possible after delivery
- Before eye drops/ointment are given
- Later
- Never

I would like baby's medical exam and procedures:

- Given in my presence
- Given only after we've bonded
- Given in my partner's presence

Please don't give baby:

- Vitamin K
- Antibiotic eye treatment
- Hepatitis B vaccine
- Formula
- A pacifier



I'd like baby's first bath given:

- In my presence
- In my partner's presence
- By me
- By my partner

I'd like to feed baby:

- Only with breastmilk
- Only with formula
- On demand
- On schedule
- With the help of a lactation specialist

If we have a boy, a circumcision should:

- Be performed
- Not be performed
- Be performed later

If baby is not well, I'd like:

- My partner to accompany him/her to the NICU facility
- To breastfeed or provide pumped breastmilk
- To hold him/her whenever possible

If baby is not well, I'd like:

- My partner to accompany him/her to the NICU facility
- To breastfeed or provide pumped breastmilk
- To hold him/her whenever possible

