

# your birth plan



*your pregnancy & birth*



## PERSONAL ISSUES

My birth partner/s will be .....

We wish to video the birth .....

I would like to wear ..... during my labour and ..... during the birth.

I will/will not allow training medical staff to observe my labour or birth. ....

I would like to have music playing/ essential oils burning/ .....

## HOSPITAL PROCEDURES

Shaving pubic hair .....

Foetal monitoring .....

Internal examinations .....

Induction .....

## BIRTH EQUIPMENT

I would like to use a ..... during my labour and birth.

## PAIN RELIEF

I intend to have a drug free labour and birth. If I need to use drugs for pain relief my choice is .....

.....

Massage/Breathing/Relaxation/Bath/Shower .....

Gas & Air/Entonox .....

Pethidine .....

Epidural .....

I wish to wait for ..... minutes after first asking for drug relief before it is administered so I can reconsider my request.

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## MANAGEMENT OF YOUR LABOUR

My preferred positions for labour .....

I would like to have access to a shower/bath .....

I wish to remain active and mobile while in labour .....

I wish to keep internal examinations and foetal monitoring to a minimum .....

I prefer not to have an episiotomy .....

## BIRTH OF YOUR BABY

My preferred position for delivery is .....

I would like to wear ..... for the birth

I would like to use mirrors to see my baby being born .....

I wish to touch and assist my baby during delivery .....

I/my partner wishes to cut the umbilical cord .....

If my baby needs to be assisted during delivery I prefer to use .....

## AFTER THE BIRTH OF YOUR BABY

Delivery of my placenta should be unassisted/assisted by syntocinon .....

I choose to use the Cord Bank facility .....

We agree to all routine tests and examinations performed on our baby .....

We would appreciate photos of us as a family .....

I wish to be the first person to hold my baby .....

If I am incapacitated, ..... will be the first person to hold our baby.

My partner ..... will accompany our baby if s/he is taken from the birthing suite for any reason.

Please do/do not wash the vernix caseosa from my baby's skin .....