

Birth Preferences

Know your options at every stage



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Stage 1: Early & Active Labor

Interventions/augmentation of labor

- ☐ Membrane sweep
- ☐ AROM(artificial rupture of membranes)
- ☐ Foley/cooks catheter
- ☐ Cytotec (not compatible with VBAC)
- ☐ Cervidil
- ☐ Prostaglandin
- ☐ Pitocin
- ☐ Forceps
- ☐ Vacuum
- ☐ Episiotomy
- ☐ Contraction and heart rate monitors
- ☐ Oxygen
- ☐ IV fluids
- ☐ Hep Lock
- ☐ Antibiotics
- ☐ Blood transfusion

Non Invasive/ Natural labor induction

- ☐ Acupuncture
- ☐ Reflexology
- ☐ Nipple stimulation
- ☐ Castor Oil(midwives brew)

Fetal Monitoring

- ☐ None
- ☐ Handheld Doppler
- ☐ Intermittent
- ☐ Continuous
- ☐ Internal(fetal scalp)wireless

Cervical Exams

- ☐ None
- ☐ Limited
- ☐ As needed

Relaxation Techniques

- ☐ Hypnobirthing
- ☐ Vocalization
- ☐ Breathing Techniques
- ☐ Visualization
- ☐ Focal Point

Room atmosphere

- ☐ Music
- ☐ Dim Lighting
- ☐ Aromatherapy
- ☐ Wear your own clothes
- ☐ Students allowed
- ☐ Students not allowed in
- ☐ Quiet voices/minimal distractions

Pain Relief

- ☐ Hydrotherapy (tub/shower)
- ☐ Hot/cold packs
- ☐ TENS unit
- ☐ Massage
- ☐ Counterpressure
- ☐ Nitrous Oxide
- ☐ IV pain meds (narcotic)
- ☐ Sterile Water Injections
- ☐ Epidural
- ☐ - Only offered when asked for
- ☐ - Offered freely throughout labor

Nutrition

- ☐ Drinking/eating
- ☐ Ice chips
- ☐ IV fluids
- ☐ Sucker/honey stick/popsicle/etc

Stage 2: Pushing & Birth

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Labor/birthing positions

- ☐ Toilet (forwards/backwards)
- ☐ Ball (rocking/rolling/hip circles)
- ☐ Lunging
- ☐ Standing
- ☐ Laying down (side/back)
- ☐ Dancing/swaying
- ☐ Squatting
- ☐ Hands and Knees
- ☐ Birth Stool

Pushing

- ☐ Directed
- ☐ Spontaneous with the urge
- ☐ Counting
- ☐ Holding breath
- ☐ Breathing baby down
- ☐ Labor down
- ☐ Side lying
- ☐ Hands and knees
- ☐ Squat
- ☐ Tug of war
- ☐ In Water
- ☐ Lying on back
- ☐ Perineal support
- ☐ Perineal stretching
- ☐ Warm compress
- ☐ Mineral oil
- ☐ Episiotomy
- ☐ Prefer to tear
- ☐ Mirror to watch
- ☐ Touch head when crowning

Stage 3: Birth Of The Placenta

After Delivery

- ☐ Delayed cord clamping
- ☐ Immediate cord clamping
- ☐ Lotus Birth (placenta delivered attached to baby)
- ☐ Partner/mom cut cord
- ☐ Mom/partner catch baby
- ☐ Pitocin to expel placenta/control bleeding (IV or IM)
- ☐ Natural expulsion of placenta (no Pitocin/wait and see approach)
- ☐ Fundal Massage
- ☐ Skin to skin immediately
- ☐ Weight/measurement immediately
- ☐ Suction babies mouth and throat
- ☐ Deny suction
- ☐ Keep placenta (personal/capsules)

Stage 4: Immediate Postpartum

Baby/Immediate Postpartum

- ☐ Golden hour
- ☐ All assessments on mom
- ☐ All Assessments At warmer
- ☐ Erythromycin eye cream (immediate or delayed)
- ☐ Hepatitis B Vaccine(immediate or delayed)
- ☐ Vitamin K injection or sublingual
- ☐ Partner to be with baby if birther cannot
- ☐ Partner to stay with birther
- ☐ Bath asap
- ☐ Bath delayed/denied
- ☐ Skin to skin w/ birther and/or partner
- ☐ Breast/Chestfeed
- ☐ Bottle feed
- ☐ Formula
- ☐ Pacifier

Cesarean Birth Preferences



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My plan to have a cesarean birth includes a trial of labour:

- ☐ Yes (TOL **OR** TOLAC)
☐ No (Scheduled)

For The Birth

Anesthesia

- ☐ Spinal anesthesia
☐ General anesthesia

OR Atmosphere

- ☐ Partner present
☐ Doula present
☐ Photographs
☐ No small talk
☐ Music

Birth Experience

- ☐ One arm free
☐ Clear Drape
☐ Drop drape/watch birth
☐ Mirror to watch the birth
☐ Bed angled to view birth
☐ Slow/gentle delivery
☐ Blood transfusion
☐ Iron supplements
☐ Nausea meds

Immediate Postpartum

- ☐ Skin to skin in OR
☐ Skin to skin in recovery
☐ Delayed cord clamping
☐ Immediate cord clamping
☐ Lotus Birth
☐ Partner to cut the cord
☐ Keep the placenta
☐ Vaginal seeding
☐ Golden Hour

Newborn Care & Procedures

Infant Feeding

- ☐ First feed in OR
☐ First feed in recovery
☐ Breast/Chest Feed
☐ Bottle Feed
☐ Syringe feed colostrum
☐ Lactation aid
☐ Cup feed
☐ Formula
☐ Expressed/pumped milk
☐ Visit with IBCLC in hospital

Newborn Procedures

- ☐ Erythromycin eye cream
☐ Hepatitis B Vaccine
☐ Vitamin K injection or sublingual
☐ Bath asap
☐ Bath delayed/denied

Legally and Ethically, you have the right to make informed decisions about your medical care. **With the exception of emergencies (where your or your baby's life is in danger)**, you can always ask for more information and time to thoroughly consider all your options with your trusted support team.

Due Date : _____
Dr/ OB: _____
Place of birth: _____

Partner Name: _____
Relationship: _____
Present For Birth: YES___ NO___

The most important thing about my birth is:
