

My Birth Plan
(For a normal, full-term delivery)

My plan is to:

- 1. have my labor start and stop without drugs, unless medically required.
- 2. have my chosen support people stay with me
- 3. drink clear liquids and eat light foods during early labor
- 4. move, change positions, take a shower, have a massage and walk, as much as possible during labor.
- 5. have a Heparin Lock versus a continuous drip IV for quick access in case of an emergency
- 6. hold my baby skin to skin immediately after birth
- 7. have my baby's tests performed while in contact with me so my baby is not taken from me until after he/she has breastfed.
- 8. have 24 hour rooming in.
- 9. receive help and education to breastfeed successfully.
- 10. have my baby brought to me if for some reason he/she is not in my room and is giving hunger cues, such as sucking hands or making sucking sounds, moving the head towards a person or, in very sleepy babies, eye movements under the eyelids – before he/she is crying.
- 11. get an appointment for a health checkup for my baby upon discharge and be given the names of helpers, in case I need help with breastfeeding.
- 12. be given instruction on the use of an electric breast pump if my baby is unable to breastfeed or is separated from me due to a medical condition within 6 hours after delivery.

I specifically do not want:

<input type="checkbox"/>	a. my bag of waters broken, or to have an episiotomy or other surgery done unless medically necessary.
<input type="checkbox"/>	b. my baby given a pacifier, bottles, water or formula without my consent and the medical order of his/her doctor.

(Signature of the patient)

(date signed)

Copies for MD, Hospital, Clinic and patient.