

My birth plan

Background details

Your name:

Your baby's due date:

Name you preferred to be called, e.g. Catherine = Cathy:

Your birth partner's name and contact details:

Doctor:

Midwife:

Doula:

Paediatrician:

Hospital/birthing centre's address:

The birth

Is there a particular midwife you would like to be there if she/he/they is available?

Yes*

No

I don't mind

*Midwife's name:

*Midwife's contact no:

Would you prefer to be cared for and delivered by women only?

Yes

No

I don't mind

Are you happy to have student midwives or medical students present at the birth?

Yes

No

I don't mind

Would you like your birth partner(s) to be with you throughout your labour?

Yes

Not necessarily

What position would you like to be in for the birth?

Standing

Birth stool

Squatting

Sitting

In bed

Kneeling

Water birth

Birth ball

Side lying

Other:

Pain relief

Would you like any pain relief?

Yes

No

I would like to be advised by the midwife

What pain relief would you like?

Entonox (gas and air)

TENS

Alternative therapy, e.g. massage, aromatherapy etc

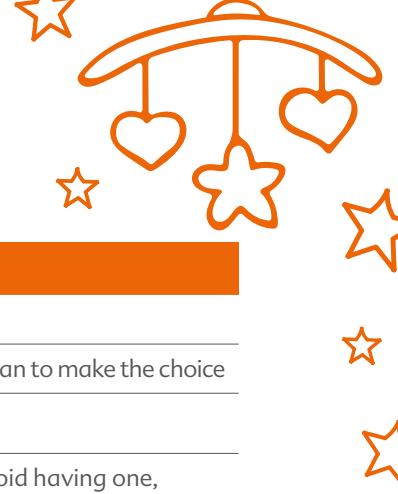
Pethidine

Epidural

I don't mind

Other:





Assisted delivery

If an assisted delivery is necessary, which method would you prefer?

Ventouse Forceps I will allow the midwife/obstetrician to make the choice

How do you feel about having an episiotomy if it was required?

I'd rather have it than risk a potential tear Only if it's necessary I'd like to avoid having one, even if there is a risk of tear

Should you need a caesarean, would you like any of the following?

To stay conscious My birth partner to be with me the whole time To hold my baby right away after delivery

Other:

After the birth

Would you like your birth partner to cut the cord?

Yes No I will allow the midwife/obstetrician to make the choice

Would you like your baby to be put straight on your tummy or cleaned up first?

Onto my tummy Cleaned up first

Would you like to be told the sex of your baby?

Yes No, I want to make the discovery myself I already know the sex of my baby I would like my birth partner to tell me

How would you like the placenta to be delivered?

Naturally without any drugs With an injection to help the uterus contract

How would you like your baby to be given vitamin K?

Orally By injection I don't mind

How are you planning to feed your baby?

Breastfeed Formula feed Combination

Would you like help with breastfeeding/formula feeding?

Yes No

Do you have any special needs, whether they're related to your culture, religion, your diet or any disabilities?

Please write any other preferences for labour and after the birth below (e.g. a quiet room, dimmed lights, relaxing music):



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