Our Birth Plan

Personal Information

EMAIL
jewel.bb@sfdph.org

FULL NAME
J

Before Labor Begins

- As long as the baby and I are healthy, I would like to go at least 10 to 14 days over my due date before inducing labor.
- As long as the baby and I are healthy, I would like to have no time restrictions on the length of my pregnancy.
- I would like to discuss laboring at home as long as possible.
- If I go past my due date and the baby and I are fine, I prefer to go into labor naturally rather than be induced.
- Please obtain my permission before stripping my membranes during a vaginal exam.
- I prefer to have no vaginal exams until I go into labor.
- During a vaginal exam, I prefer not to have my membranes broken unless there is an emergency situation.
- I prefer minimal internal vaginal exams.

Induction

- Breast stimulation
- Walking
- Herbs
- Enema
- Castor oil
- Chiropractic
- Acupuncture
- Sexual intercourse
- Stripping membranes

Talk to my practitioner about alternatives to treatments such as antibiotics

Environment

- Upon arrival at the hospital, I prefer to have my partner with me at all times.
- Please, no residents or students attending my birth.
• Birthing room
• Room with a shower and/or bath
• At home
• Birthing bed
• I would like to have a TV available.
• I would like to have a DVD player or streaming service available.

Pain Relief

Please only offer pain medications if I ask for them.

• Breathing techniques
• Distraction techniques
• Hypnotherapy
• Acupressure
• Ideally, I want to be able to walk around and move as I wish while in labor.
• I would like to feel unrestricted in accessing any sounds of chanting, grunting, or moaning during labor.
• Please always keep my door closed while I am in labor.

Monitoring

• Childbirth Hypnosis

Second Stage Labor

As long as the baby and I are healthy, I prefer to have no time limits on pushing.

• Squatting
• Hands and knees
• On the toilet
• Side Lying
• Whatever feels right at the time

I prefer to have no episiotomy and risk tearing (unless I'm having a medical emergency)

• Apply hot compresses
• Apply oil
• Use perineal massage
• Encourage me to breathe properly for slower crowning.

The Delivery

• I would like to view the birth using a mirror.
• I would like to touch my baby's head as it crowns.
• I would like to catch my baby and pull it onto my abdomen as it is born.
It's important to me to push instinctively. I do not want to be told how or when to push.

- As long as my baby is healthy, I would like my baby placed immediately skin-to-skin on my abdomen with a warm blanket over it.

**Cesarean**

- Ideally, I would like to remain conscious during the procedure.
- I prefer to have a hand free to touch the baby.
- If possible, please discuss anesthesia options with me.
- I would like my baby to be sent to the nursery while I am in recovery.

**Third Stage Labor**

- Please wait for the umbilical cord to stop pulsating before it is clamped.
- I would like to bank my baby's cord blood and have made arrangements for this procedure prior to the birth.
- I would prefer for the placenta to be born spontaneously without the use of pitocin, and/or controlled traction on the umbilical cord.

**Newborn Procedures**

- I would like to have routine newborn procedures delayed until bonding and breastfeeding have occurred.

I would like my baby to have eye drops administered immediately after birth.

Immunize the baby according to normal procedures.

- Please delay procedure as long as possible

**My Hospital Stay**

As long as it can be.

- I prefer a private room.
- I would like my other children (regardless of age) to be allowed to visit with me for as long as they wish or as long as hospital policy permits.