



Birth Plan - Preferences

Labour Preferences

Onset of Labour

Spontaneous

Medically Induced

Sweeping membranes
Rupture of
membranes

Cervidil

Prepidil

Foley bulb

Pitocin

Alternatives

Acupuncture

Acupressure

Herbs/Essential oils

Nipple stimulation

Fetal Monitoring

None

Handheld Doppler

Intermittent

Continuous

Internal

Hydration/Food

Eating/Drinking as desired

Ice chips

IV fluids

Honey sticks or popsicles

Nothing oral



Birth Plan - Preferences

Labour Preferences Cont....

Speeding up Labour

Nothing
Nipple stimulation
Acupressure
Position changes
Rupture of membranes
Pitocin

Pain Relief

Epidural
Narcotic
Sterile water injections
Natural Coping techniques

Positions

Standing
Walking
Stair climbing
Standing/leaning against bed
Standing/leaning against birth ball
Slow dancing
Standing lunge
Kneeling lunge
Sitting upright
Sitting on toilet
Sitting on birth ball
Sitting/leaning forward w/ support
Rocking
Semi-sitting
Side-lying
Hands and knees
Open knee-chest
Squatting



Birth Plan - Preferences

Delivery Preferences

Pushing

Spontaneous
Directed
Passive descent
No time limit
Mirror
No coaching
Assisted - forceps/vacuum

Perineal Care

Massage
Warm compress
Episiotomy
Prefer tear to episiotomy

Delivery Positions

Semi-sitting
Side-lying
Hands and knees
Squatting
In water
Standing

Rooming

24 hour with mother
Support rooming in



Birth Plan - Preferences

Postpartum Preferences

Cutting Cord

Partner/Other
Doctor/Midwife
Immediately
Wait until it stops
pulsating
Lotus

Baby's Assessment

On Mother
In warmer
Baby
Partner announce gender
Circumcision

Eye Care/Injections

Immediately
Delayed
Declined

Cesarean

Partner present/Doula
present
Epidural/Spinal
One arm free
Lower drape to view birth
Describe events
Environment
 Music
 Aromatherapy
 Essential talk only
 Lowered machine
 sounds
Breastfeed in OR



Birth Plan - Preferences

Postpartum Preferences Cont...

Feeding

Breastfeeding

No

bottles/pacifiers/formula

Pumped milk

Cup

Options – The things you can control...

Environment

Lighting

Electric candles

Music/sound machine

Aromatherapy

Door closed/open

Wear own clothes/hospital gown

Partner support

Doula support

Birth photographed or videotaped

Birth photographed or videotaped

Comfort Measures

Massage

Shower/Bathtub

Hot/Cold packs

TENS Unit

Vocalization

Breathing

Visualization

Focal point