

Birth Preferences



During early labour I would like:

- A birth doula present
- Soft music or hypnobirthing CD
- The lights down low
- To wear my own clothing

I would like labour to begin:

- Naturally, when my baby and body are ready
- By Induction only if medically necessary, starting with the most gentle means:
 - Stripping membranes
 - Prostaglandin gels
 - Pitocin

During labour I would like:

- To labour at home as long as possible
- Saline lock if antibiotics are necessary
- To return home if not in active labour
- Intermittent fetal monitoring
- To eat and drink as I please
- To move and change positions freely
- No routine IV
- To use tub/bath and birth ball

For pain relief I would like to use:

- Hypnosis techniques
- Demerol
- Breathing, relaxation & massage
- Epidural
- TENS unit
- Nitrous Oxide
- Acupressure, hot/cold therapy
- I plan to birth naturally

If labour slows or resists I would like:

- To use only natural methods such as walking, acupuncture and nipple stimulation to move labour along.
- Augmentation of labour ONLY if medically necessary:
 - artificial rupture of membranes
 - pitocin

During second stage of labour I would like:

- To birth in a position of my choice
- To touch head or view head in mirror
- To push spontaneously
- To avoid forceps/vacuum extraction
- To push as directed
- Oil & massage to help with crowning
- To push free of time limits
- Episiotomy only if medically necessary

After the birth I would like:

- My partner to cut the umbilical cord
- Cord blood (and/or Peristem™) to be collected for banking purposes
- To donate the cord blood stem cells to a public bank if possible
- The cord to stop pulsing before being clamped and: A) Attempt to collect as much cord blood as possible with Peristem™ stem cells B) Collect only Peristem™ stem cells C) Discard the umbilical cord
- To deliver the placenta naturally, as long as there is no medical urgency
- Active management (pitocin) for 3rd stage of labour

For the baby I would like:

- Immediate skin to skin contact for bonding and/or breastfeeding
- Delay of routine baby procedures for at least one hour for bonding purposes

Important: The information in this birth plan is for educational purposes only. It is not intended to be a substitute for professional medical advice. Please discuss all aspects of your birth plan with your healthcare provider prior to your due date.