

# Fertility & Midwifery Care Center



My Birth Plan: (name)\_\_\_\_\_

## Cesarean Birth Standard

- Support person at head of bed
- Delayed Cord Clamping x 1 minute
- Spinal Block for anesthesia
- Antibiotics for infection prevention
- IV to saline lock
- NICU present for delivery
- Exam at warmer in OR immediately after delivery
- Baby swaddled in support person's arms in OR after exam
- Early breastfeeding and skin to skin in recovery

## Cesarean Birth: Options

- Clear Drape
- Music\*
- Support person to take pictures
- Doula
  - \*Presence in OR approved day of as all involved hospital staff must be in agreeance
  - Name\_\_\_\_\_

\*must not contain profanity, volume at physician's discretion, bring your own device and music

(see reverse side for postpartum planning)

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## Postpartum: Standard

- Discharge 2-4 days post-surgery

## Postpartum: Options

- Facility disposes of placenta
- Encapsulate my placenta
- Take my placenta home
- I would like close follow up with a lactation consultant

## Baby Care: Standard

- Breastfeeding support with lactation consultant
- Donor milk available if needed
- Delayed bath x 24 hours

## Baby Care: Options

- Pediatrician/Family Practice\_\_\_\_\_
- Vitamin K injection
- Erythromycin eye ointment
- Hepatitis B vaccination
- Delayed Circumcision (schedule in office 1-2 wks post birth)
- Tongue tie revision if needed (scheduled in office after discharge)

## Postpartum Mood Support

- I have a history of depression or anxiety
- I would like a 2-week mood check
- I plan to use progesterone postpartum
- Peaceful Postpartum course with Amber Todd
- Postpartum Doula Support

**Other Notes:**