

Fertility & Midwifery Care Center



My Birth Plan: (name) _____

Labor and Birth: Standard Hospital

- Hospital policy, 2 visitors at bedside
 - No routine episiotomy
 - Doula support if desired
 - Wear your own clothes
 - Vaginal exams as needed
 - IV to saline lock
- Without Epidural**
- Freedom of movement
 - Labor in shower
 - Eating and drinking encouraged
 - Intermittent fetal monitoring if low risk spontaneous labor
 - Wireless monitors available
- With Epidural**
- Frequent position changes in bed
 - Clear liquids for calories
 - Continuous monitoring, wireless option still available
 - IV required

Labor and Birth: Options

- Water breaks on its own (unless being induced)
- Labor in tub*
- Nitrous Oxide
- Music
- Wear own clothes
- If GBS pos, accept antibiotics in labor
- Decline IV if low risk spontaneous labor
- Partner helps catch baby
- I help catch baby
- Birth Photographer
 - Name _____
- Doula
 - Name _____

*must meet Dupont Hospital criteria, available on first come first serve

Options for labor encouragement past 41 weeks

- Membrane Sweep
- Chiropractic Care
- Miles Circuit
- Castor Oil
- Breast pumping
- Spinning Babies Exercises
- Acupuncture
- Evening Primrose Oil
- Herbs

(see reverse side for postpartum planning)

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Postpartum: Standard

- Immediate skin-to-skin
- Delayed cord clamping
- Partner cuts cord
- Early breastfeeding
- 24–48-hour discharge
- Golden hour for breastfeeding

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: