

# My Labour and Birth Plan

Full name and pronouns:

\_\_\_\_\_

Date of birth:

\_\_\_\_\_

Your doctor's name:

\_\_\_\_\_

Preferred name:

\_\_\_\_\_

Current medications:

\_\_\_\_\_

Allergies (including dietary restrictions):

\_\_\_\_\_

## LABOUR & BIRTH

Support people I would like to have with me:

Birth partner: \_\_\_\_\_

Other support person and role: \_\_\_\_\_

For decisions in my care:

- I would like to be included in all decisions
- I would like my partner to be included in all decisions

If continuous monitoring is needed:

- I prefer to be mobile
- If possible, I would still like to shower or have a bath

Comfort measure I would like to have during labour:

- Walking, rocking, leaning
- Breathing techniques
- Music
- Dimmed lights
- Quiet room
- Wear my own clothes or gown
- Labour ball
- Tub (if available)
- Shower
- Heat
- Ice
- Massage
- TENS machine (bring my own)
- Other: \_\_\_\_\_



Preferences for pain medication:

- Options I would like to consider:
  - Narcotics such as Morphine or Fentanyl
  - Epidural



- Other: \_\_\_\_\_
- I would like the nurse to offer this:
  - As soon as possible
  - If I am not coping well
  - Only if I ask

When pushing, I would like to:

- Receive coaching from the nurse and doctor when to push
- Try a variety of pushing positions
- Self-directed pushing only
- Have my partner be involved with coaching
- View progress and delivery with a mirror
- Take all possible steps to avoid episiotomy
- Other: \_\_\_\_\_



If assisted birth is recommended (vacuum or forceps)

- I have a strong preference for: \_\_\_\_\_
- I will discuss with my care provider and decide at the time

If Caesarean birth is required:

- I would like a drape with a window (if available) so myself and my partner can see the delivery
- If possible, I would like to see my baby before going to the pediatric team
- I would like to start skin to skin as soon as possible
- I would like my partner to start skin to skin

## AFTER BIRTH

Sex announcement:

- I would like to be the first one to announce the sex of my baby
- I would like my partner to be the first one to announce the sex of the baby
- I would like the doctor to announce the sex of my baby
- Other request: \_\_\_\_\_

Cord clamping and placenta:

- If possible, I would like to delay cord clamping for 1 minute
- If possible, I would like \_\_\_\_\_ to cut the cord
- I would like to take home my placenta
- Other request: \_\_\_\_\_

Skin to skin

- If possible, I would like skin to skin with my baby for the first 1-2 hours
- If possible, I would like skin to skin with myself and my partner in the first 1-2 hours
- I would like my partner to do skin to skin with my baby only
- I would prefer to not do skin to skin with my baby
- Other request: \_\_\_\_\_



