

# Birth Plan

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Doula Services

## INTRODUCTION

**Intended birth:**

Vaginal \_\_\_ Cesarean \_\_\_ Water Birth \_\_\_ VBAC \_\_\_

**Location of birth:**

Hospital \_\_\_ Birth Centre \_\_\_ Home \_\_\_

**Name of location:**

\_\_\_\_\_

**Name of Doula:**

\_\_\_\_\_

**Getting There:**

\_\_\_\_\_

**Who to contact:**

\_\_\_\_\_

## EARLY LABOUR

**Consent to photography  
during labour and delivery:**

Yes \_\_\_ No \_\_\_

**Additional labour preferences:**

**Support people to be present:**

\_\_\_\_\_

\_\_\_\_\_

**First stage labour preference:**

Standing \_\_\_ Laying \_\_\_ Walking \_\_\_ Shower/tub \_\_\_

**Resident or student nurse care:**

Yes \_\_\_ No \_\_\_

# PAIN MANAGEMENT

## Intention is to have:

a natural birth \_\_\_ an epidural \_\_\_ pain management as needed \_\_\_

## Epidural is to be:

avoided \_\_\_ delayed \_\_\_ administered immediately \_\_\_

## Additional pain management preferences:

# DELIVERY

## Episiotomy:

avoid \_\_\_ if necessary \_\_\_

## Vacuum extractor:

avoid \_\_\_ if necessary \_\_\_

## Forceps:

avoid \_\_\_ if necessary \_\_\_

## Pushing position:

laying \_\_\_ standing \_\_\_ squatting \_\_\_  
hands & knees \_\_\_

## Other preferences:

## Cutting the cord:

By: \_\_\_ OB/Midwife \_\_\_ partner \_\_\_ other

When: \_\_\_ delay \_\_\_ immediately

## Vernix:

clean off baby \_\_\_ leave on baby \_\_\_

## Placenta:

keep \_\_\_ discard \_\_\_

## In the event of a cesarean, please allow this person to attend:

\_\_\_\_\_

## Benefits of skin-to-skin

Consider skin-to-skin contact with your newborn baby to help keep baby warmer, regulate their breathing, enhance bonding, provide better sleep, and better gut and health immunity