

BIRTH PREFERENCES

Know your options at every stage

Stage 1: Early & Active Labor

Interventions/augmentation of labor

- Membrane sweep
- AROM(artificial rupture of membranes)
- Foley/cooks catheter
- Cytotec (not compatible with VBAC)
- Cervidil
- Prostaglandin
- Pitocin
- Forceps
- Vacuum
- Episiotomy
- Contraction and heart rate monitors
- Oxygen
- IV fluids
- Hep Lock
- Antibiotics
- Blood transfusion

Non Invasive/ Natural labor induction

- Acupuncture
- Reflexology
- Nipple stimulation
- Castor Oil(midwives brew)

Fetal Monitoring

- None
- Handheld Doppler
- Intermittent
- Continuous
- Internal(fetal scalp) wireless

Cervical Exams

- None
- Limited
- As needed

Relaxation Techniques

- Hypnobirthing
- Vocalization
- Breathing Techniques
- Visualization
- Focal Point

Room atmosphere

- Music
- Dim Lighting
- Aromatherapy
- Wear your own clothes
- Students allowed
- Students not allowed in
- Quiet voices/minimal distractions

Pain Relief

- Hydrotherapy (tub/shower)
- Hot/cold packs
- TENS unit
- Massage
- Counter pressure
- Nitrous Oxide
- IV pain meds (narcotic)
- Sterile Water Injections
- Epidural -
- Only offered when asked for -
- Offered freely throughout labor

Nutrition

- Drinking/eating
- Ice chips
- IV fluids
- Sucker/honey stick/popsicle/etc

Stage 2: Pushing & Birth

Labor/birthing positions

- Toilet (forwards/backwards)
- Ball (rocking/rolling/hip circles)
- Lunging
- Standing
- Laying down (side/back)
- Dancing/swaying
- Squatting
- Hands and Knees
- Birth Stool

Pushing

- Directed
- Spontaneous with the urge
- Counting
- Holding breath
- Breathing baby down
- Labor down
- Side lying
- Hands and knees
- Squat
- Tug of war
- In Water
- Lying on back
- Perineal support
- Perineal stretching
- Warm compress
- Mineral oil
- Episiotomy
- Prefer to tear
- Mirror to watch
- Touch head when crowning

Stage 3: Birth Of The Placenta

After Delivery

- Delayed cord clamping
- Immediate cord clamping
- Lotus Birth (placenta delivered attached to baby)
- Partner/mom cut cord
- Mom/partner catch baby
- Pitocin to expel placenta/control bleeding (IV or IM)
- Natural expulsion of placenta (no Pitocin/wait and see approach)
- Fundal Massage
- Skin to skin immediately
- Weight/measurement immediately
- Suction babies mouth and throat
- Deny suction
- Keep placenta (personal/capsules)

Stage 4: Immediate Postpartum

Baby/Immediate Postpartum

- Golden hour
- All assessments on mom
- All Assessments At warmer
- Erythromycin eye cream (immediate or delayed)
- Hepatitis B Vaccine(immediate or delayed)
- Vitamin K injection or sublingual
- Partner to be with baby if birther cannot
- Partner to stay with birther
- Bath asap
- Bath delayed/denied
- Skin to skin w/ birther and/or partner
- Breast/Chestfed
- Bottle feed
- Formula
- Pacifier

Cesarean Birth Options.

- Spinal anesthesia
- General anesthesia
- Partner/doula/photographer present
- Photographs
- No small talk
- Music
- Clear Drape
- Drop drape/watch birth
- Mirror to watch birth
- Bed angled for better view of birth
- Slow/gentle delivery
- Delayed cord clamp
- One arm free
- Nausea meds or none
- Vaginal seeding
- Breastfeed in OR Breastfeeding
- in recovery
- Skin to skin in OR
- Skin to skin in recovery
- Partner skin to skin in OR Partner
- skin to skin in recovery Blood
- transfusion
- Iron supplements

Legally and Ethically, you have the right to make informed decisions about your medical care. **With the exception of emergencies (where your or your baby's life is in danger)**, you can always ask for more information and time to thoroughly consider all your options with your trusted support team.

Due Date : _____

Partner Name: _____

Dr/ OB: _____

Relationship: _____

Place of birth: _____

Present For Birth: YES___ NO___

The most important thing about my birth is:

Additional Birth Preference Notes

CESAREAN BIRTH PREFERENCES

My plan to have a cesarean birth includes a trial of labor:

- Yes (TOL **OR** TOLAC)
- No (Scheduled)

For The Birth

Anesthesia

- Spinal anesthesia
- General anesthesia

OR Atmosphere

- Partner present
- Doula present
- Photographs
- No small talk
- Music

Birth Experience

- One arm free
- Clear Drape
- Drop drape/watch birth
- Mirror to watch the birth
- Bed angled to view birth
- Slow/gentle delivery
- Blood transfusion
- Iron supplements
- Nausea meds

Immediate Postpartum

- Skin to skin in OR
- Skin to skin in recovery
- Delayed cord clamping
- Immediate cord clamping
- Lotus Birth
- Partner to cut the cord
- Keep the placenta
- Vaginal seeding
- Golden Hour

Newborn Care & Procedures

Infant Feeding

- First feed in OR First feed in recovery
- Breast/Chest Feed
- Bottle Feed
- Syringe feed colostrum
- Lactation aid
- Cup feed
- Formula
- Expressed/pumped milk
- Visit with IBCLC in hospital

Newborn Procedures

- Erythromycin eye cream
- Hepatitis B Vaccine
- Vitamin K injection or sublingual
- Bath asap
- Bath delayed/denied

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Due Date : _____

Partner Name: _____

Dr/ OB: _____

Relationship: _____

Place of birth: _____

Present For Birth: YES___ NO___

The most important thing about my birth is:

Fox & Cub | birth summary

Client Name: _____ Date: _____
Partner Name: _____ Dr./Midwife Name: _____
Support Person: _____
Address: _____ Home Hospital Birth Center
Actual Delivery Date : _____ Spontaneous Labour Labour Induction
Reason for Induction: _____

Date/Time Early Labor Started: _____ at _____

Early Labor Symptoms:

Time Active Labor Started (approximation; 6cm; contractions 4-5 mins apart): _____

Time Transition Started (approximation; 7-8cm; contractions 3 mins apart): _____

Time Full Dilation Reached: _____ **Time Urge To Push Started:** _____

Time Active Pushing Started: _____ **Date/Time of Birth:** _____

SROM: ___ **AROM:** ___ **Meconium Present:** ___ (y) ___ (n)

Vaginal/Pelvic Birth: ___ (spontaneous) ___ (forceps) ___ (vacuum) ___ (VBAC)

Reasons if forceps/vacuum: _____

Tears/Lacerations: ___ (y) ___ (n) **Degree:** ___ **Episiotomy:** ___

Reasons if episiotomy: _____

Cesarean Birth: ___ (planned) ___ (emergency) ___ (crash)

Reasons if cesarean birth: _____

Pain Medication: ___ (y) ___ (n) **Antibiotics For GBS positive status:** ___ (y) ___ (n)

___ **Nitrus Oxide**

___ **IV Pain Meds** _____ (name)

___ **Epidural** ___ (before active stage ___ cm) ___ (after active stage began ___ cm)

___ **Anesthetic** _____ (reason)

___ **Other** _____ (name) _____ (reason)

Time of Delivery of the Placenta: _____

Time between birth of baby and birth of placenta: _____

- Pitocin Injection
- Natural Delivery
- Cord Traction
- Manual Removal
- Hemorrhage

Techniques used to stop hemorrhage: _____

Baby Status: (living) (stillbirth) (demise after delivery)

Reason if deceased: _____

Sex: (m) (f) (unassigned)

Weight: lbs oz grams

Length: Inches

APGAR: (1 min) (5 mins) (10 mins if applicable)

Immediate Health Concerns: (y) (n) If so, what: _____

Transfer to NICU: (y) (n) Reason if yes: _____

Skin to skin: (y) (n)

- With birthing person
- With Partner
- With Intended Parent
- Immediately after birth
- Within a half hour of birth
- After half hour after birth

Breastfeeding: (y) (n)

- With birthing person
- With Partner
- With Intended Parent
- Immediately after birth
- Within a half hour of birth
- After half hour after birth

Notes: _____

