

My Birth Preferences

Name: _____

My Support Person: _____

I am planning:

- Normal Vaginal Birth
- Waterbirth
- Birth Centre Birth
- VBAC

During labour I would like:

- Room quiet/Minimal talking
- Music
- Oils diffused
- Labour in bath/pool/shower
- Active labour (birth ball, peanut ball, walking)
- Wear my own clothes (no gown)
- Lights to remain dimmed
- Limited woman's checks
- Wireless monitoring of baby if needed
- Other:

During birth I would like:

- I want to push when my body tells me (my own way)
- Use a mirror while pushing
- Standing or squatting
- Avoid episiotomy/cut (I would prefer to tear naturally)
- No student doctors/student midwives
- Other:

For Baby:

- Vitamin K
- Hep B
- Breastfeed
- Formula feed
- Other:

After my birth:

- Immediate skin to skin
- First hour uninterrupted
- Delayed cord clamping (Please Wait until cord has stopped pulsing)
- Partner to cut the cord
- Oxytocin drug to birth placenta
- Birth placenta naturally
- See my placenta/take home
- Go home early if no complications
- Other:

Pain Relief:

- Only offer if I ask
- Shower
- Massage
- Breathing
- Gas
- Morphine
- Sterile Water
- TENS
- Epidural
- Other:

In case of emergency C section:

- Spinal anaesthetic
- General anaesthetic
- Skin to skin as soon as possible
- See baby being born
- Partner to cut the cord
- No forceps if possible
- Breastfeeding as soon as possible
- Other:

Whilst birth can be unpredictable, these are my preferences. A healthy and safe mum & baby are priority. Please discuss and allow informed consent where any complications may arise. Thank you!