

Your Birth Plan Options

IMPORTANT TO KNOW

Anything you feel is important for your caregivers to know. For example:

- I am Hypnobirthing
- I am a survivor of abuse
- My first child was stillborn
- Previous traumatic birth
- Disabilities

Birth Place Choice

I will be giving birth in:

- Midwife Led Unit
- Home birth
- Hospital Obstetric Unit

Pain Relief

- If I require pain relief I will ask for it.
- Ask me if I feel comfortable rather than “are you in pain?”
- Tens Machine
- Gas & Air
- Epidural

Birth Environment

- Low Lights
- Quiet Please
- No Unnecessary Interruptions
- I will be playing music / hypnobirthing recordings

My Comfort Measures

- Freedom of Movement
- Hypnobirthing
- Labour In Water
- Water Birth
- Eating & Drinking
- Birth Ball

Monitoring

- I am happy to be monitored during labour with a pinard, doppler or sonicaid, please do not interrupt me to do so.
- If continuous electronic foetal monitoring is required I would still like to be mobile
- No students

Vaginal Examinations

- I do not wish to have vaginal examinations
- I may wish to have vaginal examinations when it feels appropriate for me
- I am happy to have vaginal examinations



My Labour

- Please do not encourage me to push
- Please help to guide my pushing if I ask
- I would like to 'catch' my own baby if possible
- I would like my birth partner to 'catch' my baby
- I would like to discover the sex of my baby myself
- I would like a calm, dimly lit first hour with my baby
- I would like Optimal Cord Clamping

Birth My Placenta

- I would like to have a physiological birth of my placenta
- I am happy to have delayed active management (an injection of syntometrine)
- I am happy to have active management
- I will be keeping my placenta
- I will not be keeping my placenta but I would like to see it

Feeding My Baby

- I intend to breastfeed my baby and would appreciate all the encouragement and support you can offer
- I will be mix feeding my baby
- I will be formula feeding my baby

Further Notes

Place anything here that may be last-minute or that you feel needs further consideration, such as plans relating to Induction of Labour

Assisted Delivery

- I would like to discuss my options clearly before an assisted delivery
- I would prefer to try ventouse before forceps
- If an assisted delivery is needed I may prefer to have a caesarean

Augmented Labour

- I am ok to have interventions to speed my labour up if medically necessary or if I request this.
- Before augmentation of labour I would like to try moving, eating & drinking and resting without interruptions.

Caesarean Birth

- Please ensure that all medications are suitable for breastfeeding
- I wish to have a screen up during the procedure
- I do not wish to have a screen up during the procedure
- I would like to have the screen lowered to see my baby being born
- I would like to have skin-to-skin immediately after the birth
- I would like optimal cord clamping if possible
- We would like to discover the sex of the baby ourselves
- We wish to keep my placenta and will provide a container to place it in
- I would like the lights around me to remain as dim as possible
- I would like to play music if possible

