Use this easy fill-in-the-blank birth plan to prepare yourself for delivery and communicate your wants and needs to your medical team.

**Full name and pronouns:**


**Partner's or support person's name and pronouns:**


**Today's date:**


**Due date (or induction date):**


**Your provider's name and contact info:**


**Hospital name or birthing center and contact info:**


**Doula's name and contact info:**


**Pediatrician's name and contact info:**


**Please note that I:**

- [ ] Have group B strep
- [ ] Have been previously diagnosed with genital herpes
- [ ] Have Rh incompatibility with baby
- [ ] Have gestational diabetes
- [ ] Have a fear of needles
- [ ] Have experienced prior assault or birth trauma

**My delivery is planned as:**

- [ ] Vaginal
- [ ] C-section
- [ ] Water birth
- [ ] VBAC

**People in the room I'd like before and/or during labor (note each one below):**

- [ ] Partner
- [ ] Parents
- [ ] Other children
- [ ] Doula
- [ ] Other:

**During labor, I'd like:**

- [ ] **Music** played (I will provide)
- [ ] The lights dimmed
- [ ] The room as quiet as possible
- [ ] As few interruptions as possible
- [ ] As few vaginal and cervical exams as possible
- [ ] Hospital staff limited to my own doctor and nurses (no students, residents or interns present)
- [ ] To wear my own clothes
- [ ] To wear my contact lenses the entire time
- [ ] My partner or a hired photographer to film and/or take pictures
- [ ] My partner or a support person to be present the entire time
- [ ] To stay hydrated with clear liquids and ice chips
- [ ] To stay hydrated with popsicles, if permitted
- [ ] To eat and drink as approved by my doctor
I'd like to spend the first stage of labor:

- [ ] Standing up
- [ ] Lying down
- [ ] Walking around
- [ ] In the shower
- [ ] In the bathtub

I'm not interested in:

- [ ] An enema
- [ ] Shaving my pubic area
- [ ] A urinary catheter
- [ ] An intravenous (IV) line, unless I'm dehydrated

I'd like fetal monitoring to be:

- [ ] Continuous
- [ ] Intermittent
- [ ] Internal
- [ ] External
- [ ] Performed only by doppler
- [ ] Performed only if baby is in distress

I prefer:

- [ ] An IV line for fluids and medications
- [ ] A heparin or saline lock (this device provides access to a vein but isn't hooked up to a fluid bag)
- [ ] I don't have a preference

I'd like labor augmentation:

- [ ] Performed only if baby is in distress
- [ ] First attempted by natural methods such as nipple stimulation
- [ ] Performed with prostaglandin gel
- [ ] Performed with Pitocin
- [ ] Performed by stripping of the membrane
- [ ] Performed by rupture of the membrane
- [ ] Never to include an artificial rupture of the membrane

For pain relief, I'd like to use:

- [ ] Acupuncture
- [ ] Breathing techniques
- [ ] Cold therapy
- [ ] Demerol
- [ ] Distraction
- [ ] Hot therapy
- [ ] Hypnosis
- [ ] Massage
- [ ] Meditation
- [ ] Reflexology
- [ ] Standard epidural
- [ ] TENS Unit
- [ ] Walking epidural
- [ ] Nothing
- [ ] Only what I request at the time
- [ ] Whatever is suggested at the time
During delivery, I would like to:

- [ ] Squat
- [ ] Semi-recline
- [ ] Lie on my side
- [ ] Lie on my side
- [ ] Be on my hands and knees
- [ ] Stand
- [ ] Lean on my partner or support person
- [ ] Use people for leg support
- [ ] Use foot pedals for support
- [ ] Use a birth bar for support
- [ ] Use a birth bar for support
- [ ] Be in a birthing tub
- [ ] Be in a birthing tub

I will bring a:

- [ ] Birthing stool
- [ ] Birthing chair
- [ ] Squatting bar
- [ ] Birthing tub
- [ ] Birthing ball

As baby is delivered, I'd like to:

- [ ] Push spontaneously
- [ ] Push as directed
- [ ] Push without time limits, as long as baby and I aren't at risk
- [ ] Use a mirror to see baby crown
- [ ] Touch the head as it crowns
- [ ] Let the epidural wear off while pushing
- [ ] Have a full dose of epidural
- [ ] Avoid forceps usage
- [ ] Avoid vacuum extraction
- [ ] Use whatever methods my doctor deems necessary
- [ ] Help catch the baby
- [ ] Let my partner or a support person catch baby
- [ ] Have baby placed on my chest immediately after birth

I would like an episiotomy:

- [ ] Only after perineal massage, warm compresses and positioning
- [ ] Rather than risk a tear
- [ ] Not performed, even if it means risking a tear
- [ ] Performed only as a last resort
- [ ] Performed as my doctor deems necessary
- [ ] Performed with local anesthesia
- [ ] Performed by pressure, without local anesthesia
- [ ] Followed by local anesthesia for the repair
Immediately after delivery, I would like:

- My partner or support person to cut the umbilical cord
- The umbilical cord to be cut only after it stops pulsating (delayed cord clamping)
- To bank the cord blood
- To donate the cord blood
- To deliver the placenta spontaneously and without assistance
- To see the placenta before it's discarded
- To save the placenta so I can take it home
- Not to be given Pitocin/oxytocin

In the event of a c-section, I would like:

- A second opinion
- To make sure all other options have been exhausted
- To stay conscious
- My partner or support person to remain with me the entire time
- The screen lowered so I can watch baby come out
- My hands left free so I can touch baby
- The surgery explained as it happens
- An epidural for anesthesia
- Vaginal seeding
- My partner or support person to hold baby as soon as possible
- Have baby placed on my chest immediately after birth

I would like to hold baby:

- Immediately after delivery
- After suctioning
- After weighing
- After being wiped clean and swaddled
- Before eye drops/ointment are given

I’d like to breastfeed/chestfeed:

- In combination with bottle-feeding
- Only using a bottle with expressed breast/chest milk
- As soon as possible after delivery
- In the recovery room, in case of c-section
- Before eye drops/ointment are given

I’d like to feed baby:

- Exclusively with breast/chest milk
- Only with formula
- On demand
- On schedule
- With the help of a lactation specialist

I’d like my family members:

- To join me and baby immediately after delivery
- To join me and baby in the room later
- Only to see baby in the nursery
- To have unlimited visiting after birth
I’d like baby’s medical exam and procedures:

- [ ] Given in my presence
- [ ] Given only after we’ve bonded
- [ ] Given in my partner’s or support person’s presence
- [ ] To include a heel stick for screening tests beyond the PKU
- [ ] To include a hearing screening test
- [ ] To include a hepatitis B vaccine
- [ ] To include the vitamin K shot
- [ ] To include antibiotic eye treatment

It’s okay to give baby:

- [ ] Sugar water
- [ ] Formula
- [ ] A pacifier
- [ ] None of the above

I’d like baby’s first bath given:

- [ ] In my presence
- [ ] In my partner or support person’s presence
- [ ] By me
- [ ] By my partner or support person

I’d like baby to stay in my room:

- [ ] All the time
- [ ] During the day
- [ ] Only when I’m awake
- [ ] Only for feeding
- [ ] Only as requested
- [ ] I will decide after birth

If we have a boy, circumcision should:

- [ ] Be performed
- [ ] Not be performed
- [ ] Be performed later
- [ ] Be performed with anesthesia
- [ ] Be performed in the presence of me and/or my partner/support person

As needed post-delivery, please give me:

- [ ] Extra-strength acetaminophen
- [ ] Percocet
- [ ] Stool softener
- [ ] Laxative

I’d like my partner or support person:

- [ ] To have unlimited visiting
- [ ] To sleep in my room
- [ ] To accompany baby to the nursery if they’re not staying in my room
- [ ] To announce baby’s sex to loved ones in the waiting room
Birth Plan

After birth, I’d like to stay in the hospital:

☐ As long as possible  ☐ As briefly as possible  ☐ As deemed necessary by my medical team

After birth, I’d like to:

☐ Sleep as much as possible  ☐ Be woken up for baby's feedings  ☐ Perform certain cultural traditions and rituals (explain these in writing or in person)

If baby isn't well, I'd like:

☐ My partner/support person and I to accompany them to the NICU or another facility
☐ To breastfeed/chestfeed or provide pumped milk
☐ To hold them whenever possible

Are there any specific hospital or birth center policies I should know about?

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