

# Your Personal Birth Plan

the **BUMP**

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

**Today's date:**

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

**Full name and pronouns:**

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

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

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

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

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

**Please note that I:**

**Medication I'm taking:**

Have group B strep

Have been previously diagnosed with genital herpes

Have Rh incompatibility with baby

Have anemia

Have a history of bleeding and/or clotting issues

Have a history of seizures

Have diabetes

Have gestational diabetes

Have experienced prior assault or [birth trauma](#)

Have high blood pressure

Am planning a twin birth

Have oligohydramnios

Have placenta previa

Have polyhydramnios

Have preeclampsia

Have had a C-section

Have a fear of needles

**Allergies:**

**Other conditions:**

## 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

## People who shouldn't be in the room:

## Others:

## During labor, I'd like:

- Music
- The lights dimmed
- Aromatherapy
- 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      In the shower
- Lying down      In the bathtub
- Walking around

## I'd like labor induction:

- Performed only if baby is in distress
- First attempted by natural methods
- 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:

- Acupressure      Standard epidural
- Acupuncture      Walking epidural
- Breathing techniques      Other medication
- Cold therapy      Nothing
- Distraction      Only what I request at the time
- Hot therapy      Whatever is suggested at the time
- Hypnosis

## During delivery, I'd like to:

- Squat      Use people for leg support
- Semi-recline      Use foot pedals for support
- Lie on my side      Use a birth bar for support
- Be on my hands & knees      Use a birthing stool, chair or ball
- Stand      Be in a birthing tub
- Lean on my partner or support person

## I will bring a:

Birthing stool      Birthing chair      Squatting bar  
Birthing ball      Birthing tub

## As baby is delivered, I'd like to:

Use a mirror to see baby crown  
Touch the head as it crowns, if possible  
Have an epidural  
Avoid [forceps usage](#), if possible  
Avoid vacuum extraction, if possible  
Use whatever methods my doctor deems necessary  
Let my partner or a support person catch baby  
Have baby placed on my chest immediately after birth

## Immediately after delivery, I'd 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'd like:

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  
Monitoring devices out of my view  
My hands left free so I can touch baby  
The surgery explained as it happens  
My partner or support person to hold baby as soon as possible  
Have baby placed on my chest immediately after birth

## I'd 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 feed baby:

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

## I'd like to breastfeed/chestfeed:

In combination with bottle-feeding  
Only using a bottle with expressed breast/chest milk  
Only using a bottle with donor 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 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

## If we have a boy, circumcision should:

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

## It's okay to give baby:

- Formula
- A pacifier
- None of the above

## As needed post-delivery, please give me:

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

## 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

## 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

## I'd like baby to stay in my room:

- All the time
- During the day
- Only when I'm awake
- Only for feeding

## 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)

## 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
- Only for feeding

## 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?