Sample
Birth Plan

ACOG
The American College of Obstetricians and Gynecologists

A birth plan is a written outline of what you would like to happen during labor and delivery. This plan lets your obstetrician–gynecologist (ob-gyn) know your wishes for your labor and delivery.

Go over your plan with your ob-gyn well before your due date. But keep in mind that having a birth plan does not guarantee that your labor and delivery will go according to that plan. Unexpected things can happen.

Remember that you and your ob-gyn have a common goal: the safest possible delivery for you and your baby. A birth plan is a great starting point, but you should be prepared for changes as the situation dictates.

Birth Plan

Your name: _____

Name of your ob-gyn: _____

Name of your baby's doctor: _____

Type of childbirth preparation: _____

Labor (choose as many you wish)

❑ I would like to be able to move around as I wish during labor.

❑ I would like to be able to drink fluids during labor.

I prefer:

❑ An intravenous (IV) line for fluids and medications

❑ A heparin or saline lock (this device provides access to a vein but is not hooked up to a fluid bag)

❑ I don't have a preference

I would like the following people with me during labor (check hospital or birth center policy on the number of people who can be in the room):

_____

_____

_____

❑ It's OK ❑ not OK for people in training (such as medical students or residents) to be present during labor and delivery.

I would like to try the following options if they are available (choose as many as you wish)**:**

❑ A birthing ball

❑ A birthing stool

❑ A birthing chair

❑ A squat bar

❑ A warm shower or bath during labor. I understand that a bath would be used only for the first stage of labor, not during delivery.

Anesthesia Options (choose one)**:**

❑ I do not want anesthesia offered to me during labor unless I specifically request it.

❑ I would like anesthesia. Please discuss the options with me.

❑ I do not know whether I want anesthesia. Please discuss the options with me.

Delivery

I would like the following people with me during delivery (check hospital or birth center policy):

_____

_____

_____

_____

- ❑ I prefer to avoid an episiotomy unless it is necessary.
- ❑ I have made prior arrangements for storing umbilical cord blood.

For a vaginal birth, I would like (choose as many as you wish):

- ❑ To use a mirror to see the baby's birth
- ❑ For my labor partner to help support me during the pushing stage
- ❑ For the room to be as quiet as possible
- ❑ For one of my support people to cut the umbilical cord
- ❑ For the lights to be dimmed
- ❑ To be able to have one of my support people take a video or pictures of the birth. (Note: Some hospitals have policies that prohibit videotaping or taking pictures. Also, if it is allowed, the photographer needs to be positioned in a way that does not interfere with medical care.)
- ❑ For my baby to be put directly onto my chest immediately after delivery
- ❑ To begin breastfeeding my baby as soon as possible after birth

In the event of a cesarean delivery, I would like the following person to be present with me:

_____

- ❑ I would like to see my baby before my baby is given eye drops.
- ❑ I would like one of my support people to hold the baby after delivery if I am not able to.
- ❑ I would like one of my support people to go with my baby to the nursery.
- ❑ I would like my support person to know what shots my newborn will receive.

Baby Care Plan

Feeding the Baby

I would like to (check one):

- ❑ Breastfeed exclusively
- ❑ Bottle-feed
- ❑ Combine breastfeeding and bottle-feeding

It's OK to offer my baby (check as many as you wish):

- ❑ A pacifier ❑ Sugar water
- ❑ Formula ❑ None of the above

Nursery and Rooming-In

If available at my hospital or birth center, I would like my baby to stay (check one):

- ❑ In my room with me at all times
- ❑ In my room with me except when I am asleep
- ❑ In the nursery but be brought to me for feedings
- ❑ I don't know yet. I will decide after the birth.

Circumcision

- ❑ If my baby is a boy, I would like him circumcised at the hospital or birth center.

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