

A birth plan is a way for you to let your care team know your wishes for your upcoming labor and delivery. It helps us know what is most important to you during your hospital stay. Labor and delivery experiences are unique to each individual and are frequently unpredictable. Rest assured, we will always do our best to honor your wishes while keeping you and your baby safe.

Patient: _____ DOB: _____ Estimated due date: _____
 Provider: _____ Doula: _____ Pediatrician: _____

Please check the options you prefer:

Labor Room

- Dim lighting
- My own aromatherapy
- Labor tub
- Peanut ball
- Quiet environment
- Low intervention room (IF available)
- Other: _____
- Bring my own music
- Bring my own clothes
- Birth ball
- Shower
- Birthing chair (if available)

Mobility

- Walk in halls and changing positions as medically able
- Prefer to stay in my room but walking if able
- I understand that if I choose an epidural for anesthesia, I will be in my bed and will need a catheter to empty my bladder.
- Other: _____

Hydration

- Saline lock inserted but no fluids infusing unless medically indicated.
- Clear liquids to drink (Sprite, Gatorade, popsicles) if ok with care provider.

Augmentation

There may be times when labor slows down or stalls. Some options that may be discussed at that point are:

- Care provider breaking bag of water
- Medications to increase the strength or frequency of contractions.

Monitoring

- No preference- defer to medical team
- I prefer intermittent monitoring using LMH Health protocol
- I prefer continuous external monitoring of contractions and fetal heartbeat
- I prefer a wireless monitor so that I can be up and moving during labor

** It is important to know that there may be situations when bedside and internal monitors may be required to safely monitor you and your baby.*

Comfort Measures

- Doula support (arranged in advance by the patient)
- Relaxation techniques
- Position changes/walking
- Massage (arranged in advance by the patient)
- Birth ball
- Peanut ball
- Breathing exercises / visualization
- Labor tub / shower
- Hot / cold packs
- Do not offer medications to me. I will ask for them if needed

Pain Control Options (medical)

- Narcotic medications through my IV
- Epidural anesthesia
- Other: _____

Notes from patient / provider:

Pushing and Delivery

- I prefer that my nurses help me know when to push
- I prefer to push when I feel the urge
- I would like a mirror placed at the foot of my bed
- I prefer to let my perineum tear rather than have an episiotomy.
- I do not want my baby handed to me immediately. Please dry my baby then hand them to me.
- I prefer alternative delivery positions
- I would prefer to deliver in the birthing chair
- Oher: _____

Cesarean Delivery

- I would like _____ to be in the operating room with me
 - I would like a clear drape used so that I can see my baby as they are born
 - I would like my baby skin-to-skin as soon as possible in the operating room
- *Most moms find it more comfortable to do cheek-to-cheek (baby wrapped in swaddle with support person holding). Mom is lying flat on her back and can find it difficult to see the baby on their chest.*

Birth and baby care

- I prefer optimal cord clamping where the cord is cut 30-60 seconds after birth.
 - I prefer _____ cut the umbilical cord
 - I plan to keep my placenta for my own private use if my care provider doesn't order further testing, and plan to dispose of/utilize properly.
- *If you are keeping your placenta, you must bring a cooler to store it in and have someone pick it up as soon as possible. If testing is necessary for the placenta, it will not be released to you until afterward.*

Rooming In

We will support you and your baby in your room 24 hours a day. Your baby may be taken to our Newborn Nursery for a procedure or closer observation if needed.

Routine baby care

- Vitamin K shot at 1 hour of age
- Hepatitis B vaccine at 1 hour of age
- Antibiotic ointment to the eyes at 1 hour of age
- Hearing screening at 24 hours
- Kansas Newborn Screening blood test after 24 hours
- Pulse Oximetry Screening (Critical Heart Disease) after 24 hours

- I plan to discuss all routine hospital tests, medications and procedures that are performed before refusing any treatments or medications.

Feeding

- We at LMH Health encourage breastfeeding because it provides the optimal nutrition and immunity support for your baby while supporting mom's health as well. We will assist you with feeding shortly after birth and throughout your hospital stay. We provide pacifiers for use during painful procedures.
- I plan to breastfeed my baby
 - I plan to pump and give my baby expressed breast milk and/or use donor milk
 - I plan to formula feed my baby

Bathing

- As long as your baby is doing well, we will delay the initial bath for at least SIX hours after birth. They will be bathed in your room then placed skin-to-skin to warm up.
- I decline delayed bathing and my baby can have a bath 2 hours after delivery
 - I prefer not to have my baby bathed in the hospital

Circumcision

- If I have a baby boy, I plan on circumcision while we are in the hospital.
- If I have a baby boy, I do not want him circumcised

Hospital use only

- Reviewed by navigator _____
- Reviewed by provider _____
- Reviewed by LDR _____

Notes from patient / provider:
