

Birth Wishes

Writing your birth wishes helps your care team know what is important to you. Complete this form and bring it to the hospital. We will do our best to honor your wishes and you may change your mind at any time. Know that the safety of you and your baby are our top priority. Please discuss your birth plan with your clinician.

Your name: _____ Partner or support person's name: _____

If you have a doula, name of doula: _____

(Your doula may stay with you and your partner throughout your labor, delivery and postpartum period.)

Due date: _____

Your doctor or midwife: _____ Your baby's doctor: _____

Do you need interpreter services? If yes, which language? _____

We have both female and male clinicians on our care teams. We will do our best to meet your preferences but cannot guarantee who will be available to care for you and your baby during your hospital stay.

In addition to your partner or doula, you are welcome to have another support person with you. Support is important but we recommend you limit the number of people to those who are offering helpful, direct support to you during your labor experience. Limiting the number of people in the room helps with patient safety.

Visitors are welcome to see you and your baby during your stay at the hospital. Check your hospital's visitor policy as guidelines occasionally change due to seasonal illness.

If you had a previous birth experience, please share anything you found to be specifically helpful or not helpful during labor:

You will have many options for comfort measures and support. During labor, I would like to try the following:

- | | |
|---|--|
| <input type="checkbox"/> Rocking chair | <input type="checkbox"/> Birthing ball |
| <input type="checkbox"/> Tub or shower | <input type="checkbox"/> Peanut ball |
| <input type="checkbox"/> Aromatherapy | <input type="checkbox"/> Walking |
| <input type="checkbox"/> A mirror to see my baby's progress while pushing | <input type="checkbox"/> Music |

If you would like to have special faith-based items, please bring these with you to the hospital.

For pain relief I would like to:

- | | |
|---|--|
| <input type="checkbox"/> Skip medication (do not offer) | <input type="checkbox"/> Have an epidural |
| <input type="checkbox"/> Try narcotic pain medication | <input type="checkbox"/> Try nitrous oxide, if available |
| <input type="checkbox"/> Keep an open mind and see what is needed | |

What other thoughts would you like to share about your labor wishes?

At the time of my baby's birth, I would like to have (check all preferences):

- A mirror to watch my baby's birth
- _____ trim the umbilical cord
- Skin-to-skin contact with my baby
- Other:

Postpartum

We will keep you and your baby together as much as possible. Aside from the recommended newborn screening, your baby will remain with you during your stay. Rooming in helps you bond with and feed your baby. Rooming in also helps you learn to best care for your baby when your nurse is there to help you.

I plan to feed my baby: Breastmilk Formula Both Not sure

If you plan to breastfeed, contact your health insurance provider with any questions about breast pumps or related benefits.

We routinely give newborns:

- A vitamin K injection to help blood clot effectively.
- Antibiotic eye treatment to help prevent common eye infections.
- First dose of hepatitis B vaccine which the American Academy of Pediatrics (AAP) and Centers for Disease Control and Prevention (CDC) recommend be given in the hospital.

If I have a boy, my plan is to:

- Not have him circumcised.
- Have him circumcised in the hospital (your baby should be feeding well before the procedure).
- Have him circumcised in the clinic as an outpatient procedure.
- Not sure

Note: Check with your health insurance provider about coverage and benefits for a circumcision. You are responsible for any costs not covered.

What do you most want to learn about to best care for your baby?

Please let us know if you have questions. Tell us anything else we can do to help make your stay as comfortable and memorable as possible. You and your baby are unique. We want your experience to be unique, too!

