



My Birth Plan

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You’ve been planning for the arrival of your newborn for so many months now, you probably have some pretty specific ideas about your labor and delivery experience. Creating a birth plan gives you a chance to think about your options and share them with us as you plan for your big day. It’s not a contract, and you can change your mind any time — even in the

delivery room. Since we can’t know exactly what the birth of your baby will be like, we can’t promise that all of your preferences will be appropriate for your labor. But we’ll do our best to give you the birth experience you want, and always keep you and your baby safe.



My doctor, nurse practitioner, or nurse midwife’s name is:

Environment

I want to limit the number of guests and phone calls I have while I’m in labor by disconnecting my phone and placing a sign on my door.

I would like the lights in the room to be dimmed.

I would like the hospital staff to help me limit visitors. Please check one or both:

During Labor

After Labor

Labor

I want to be out of bed as much as possible during labor (walking, rocking, etc.)

I want to have intermittent fetal monitoring.

If I need an IV, I’d prefer to have a saline lock.

I prefer that my “waters” (amniotic fluids) break naturally.

Coping With Labor Pain

I plan to use alternative methods to cope with labor pain. I’ll ask for pain medication if I need it.

Coping With Labor Pain (cont.)

I would like more information about pain management during labor.

I want my care team to offer me pain medication if they see that I'm comfortable.

I want an epidural as soon as possible.

I'm considering having an epidural or pain medication, but will decide for sure when I am in labor.

Delivery

I want to choose what position I will be in for labor (lying on my back, semi-sitting, squatting, lying on my side, or on my hands and knees).

I would like a mirror available so I can see my baby being born.

I would like to touch my baby's head as it crowns.

I would like my baby placed on my chest skin-to-skin after delivery so we can start bonding.

I would prefer my baby to be lightly dried off before being placed on my chest.

If possible, I would like the cord to be cut by:

Postpartum

I want to delay newborn procedures (such as bathing, measuring, etc.) during the first hour so I can feed and bond with my baby.

I want all procedures and all medications explained to me before they are carried out.

I want to be there when my baby is bathed and evaluated.

If my baby needs medical treatment, my baby should be accompanied by:

I plan to breastfeed while at the hospital.

I would like additional information and support to help me breastfeed successfully.

I would like to be asked before my baby is given water, formula, sugar water, or a pacifier.

Postpartum (cont.)

If I have a boy, I do/do not (circle one) plan on having him circumcised at Kaiser Permanente.

I do plan on having him circumcised at Kaiser Permanente.

I do not plan on having him circumcised at Kaiser Permanente.

Other

Patient Signature

Date