



# birth wishes

name : \_\_\_\_\_

**My Expected Due Date:** \_\_\_\_\_ **My Doctor/Midwife:** \_\_\_\_\_

**My Support Person:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Any Additional Support People Present:** \_\_\_\_\_

## Labor

- I prefer not to have an IV if it's not necessary – but if necessary, I would like to have all labs drawn at the time of my IV
- I prefer not to have continuous IV fluids running
- I prefer to let my water break on its own
- I would like to wear my own clothes
- I would like to eat snacks while in early labor if possible
- I would like to move around as much as possible
- I would like to be offered intermittent monitoring or telemetry monitoring
- I prefer to keep lights dim and use soft lighting that I will provide
- I prefer not to wear a mask in my room and ask that staff give a 30 second 'heads' up knock so I may mask up before they enter, if necessary

## Pain Management

- I prefer to labor unmedicated
- I would like to be offered IV pain medication or nitrous oxide, if it appears I am in pain
- I would like to be offered an epidural, if it appears that I am in pain
- I plan to receive an epidural
- Please do not offer pain medication or an epidural unless I ask for it
- I am unsure about pain management and would like the options explained to me
- I would like an early consult with the anesthesiologist so that I can be prepared if I decide I would like an epidural
- I would like to discuss my pain management options with my nurse and make a plan on each shift with each new nurse



## Laboring and Delivering

- I would like to have a mirror to view the birth
- I would like to deliver in the water, if this is an option
- I would like to be coached during pushing
- I would like to wait until I feel the urge to push to begin pushing (not just begin pushing as soon as I am completely dilated)
- If I have an epidural I would like to 'labor down' instead of pushing as soon as I am completely dilated
- I prefer to tear naturally vs. having an episiotomy, unless one is emergently necessary
- I would like \_\_\_\_\_ to cut the umbilical cord
- I prefer to receive no oxytocin after delivery unless medically necessary
- I would like my baby to be placed skin-to-skin immediately after delivery
- I would prefer baby be wiped down and cleaned/weighed before holding baby
- I would prefer delayed cord clamping (*waiting until the cord has stopped pulsing to cut it*)
- I plan to have my cord blood collected (and have provided the collection kit at admission)
- I would like to take my placenta home and had the necessary labs completed and will sign the paperwork to release it to me

- I would like the doctor/midwife to show me my placenta and explain it to me after delivery
- I would like to be offered a birth stool for pushing if possible
- I would like to make sure that if I receive an epidural I am moved from side-to-side every hour during labor so that baby can get into a favorable birth position
- I prefer to have minimal vaginal exams
- I am unable to wear a mask during labor and delivery as it hinders my breathing and I would request that the staff take whatever precautions necessary for themselves

## Postpartum

- I would like to delay all procedures until I have had 2 hours skin-to-skin with my baby
- I would like assistance breastfeeding immediately after delivery
- I would like the newborn assessment done while baby is on my tummy
- I would like any injections or eye ointments provided while baby is on my tummy or nursing
- I prefer all baby care to be done in the room with me present whenever possible
- If my baby is a boy, I would like him circumcised in the hospital



## Postpartum

- I would like the Vitamin K injection given
- I would like Erythromycin eye ointment given
- I would like the Hepatitis B vaccine given to baby
- I would like to give the first bath at home after we leave the hospital, please do not bathe in the hospital
- I would like to have the nurses help us give the first bath in the room before we go home
- I would like to see a lactation consultant within the first 12 hours after delivery
- I would like to get up and shower as soon as possible after delivery
- I am planning to keep my placenta and would like to keep it in the cooler in my room vs the fridge in the hospital
- I prefer to use donor breastmilk for supplementation if needed
- I prefer to use formula to supplement if needed
- I plan to exclusively breastfeed
- I prefer baby not to have a pacifier or sugar water (sweat-ease)
- I plan to exclusively formula feed
- I prefer to wait \_\_\_\_\_ hours until my baby has the first bath
- I would like my baby to remain in my room at all times
- If I request it, I would like my baby to go to the nursery while I am sleeping
- If my baby needs medical care and I am not able to go I would like \_\_\_\_\_ to go with baby
- I would like my car seat to be inspected by a professional, if one is available
- I prefer to have clustered care while in the hospital so that we are able to sleep as much as possible
- I prefer to be discharged as soon as I am able at 24 hours for a vaginal delivery or 48 hours for a Cesarean Section
- If I am a negative blood type I would like Rhophylac given before my IV is removed

## Additional Considerations