



BIRTHPLACE

PULLMAN REGIONAL HOSPITAL

Pullman Regional Hospital

Birth Preferences/Birth Plan

Name: _____ Doctor: _____

Partner: _____ Doula: _____

Due Date: _____ Coach: _____

First stage : Early labor to 10 centimeters

General information:

- Come to hospital early in labor (this is only recommended if medically indicated)
- Wait until active labor before coming into hospital (current recommendations)
- I prefer to wear my own clothing
- I prefer to wear a hospital gown
- I will be limiting visitors
- Visitors are welcome until I begin pushing
- Visitors are welcome throughout my labor
- I prefer an IV be placed upon arrival
- I prefer the IV be placed when I ask for pain medication
- No IV
- I would like food of my choosing when possible. I understand some medical interventions may reduce my choices.
- Other _____

If I need an induction for labor or augmentation of labor:

- I prefer to avoid an induction but will have one when and if medically necessary
- Other _____

Fetal and uterine monitoring:

- My preference is to have minimal monitoring
- I would like to use the *Doppler or Intermittent* external fetal/uterine monitoring when needed (currently recommended for low risk pregnancy)
- I would like *continuous* fetal/uterine monitoring (currently recommended for high risk pregnancy and or in the case of certain medications used in labor)
- Internal* monitoring devices (current recommendations, only when medically necessary)

The comfort and pain relief measures I will be using are:

- My partner/family will be my main support
- My Doula will help with pain/comfort relief
- I would like suggestions and guidance from the nurses
- I need minimal help and suggestions from the nurses
- I am planning on a natural delivery without the aid of medications
- I am planning on using medications and or epidural for pain relief
 - I have been educated on the risks/benefits of an epidural
 - I have not had education on the risks/benefits of an epidural before admission to hospital
 - I would like further education on the risks/benefits of an epidural
- I prefer a narcotic injection for pain relief
- When deciding on medication for pain relief, I would appreciate some private time with my partner to discuss which pain control method I would like to use
- I will be flexible and wait and see what happens as labor progresses

To help me relax during my labor I may use any of the following:

Quiet atmosphere	Labor ball	Jacuzzi tub
Music	Shower	Music
Massage	Breathing techniques	Dim lights
Minimal distractions	Humming/vocalization	Resting in bed
Walking/movement	Other _____	

Second stage: birth of baby

For a vaginal birth:

- I prefer to use a reclined position
- I prefer to use alternate positions such as on my side, hands and knees, kneeling, or squatting
- I would like to use the squatting bar
- I would like to have a mirror to view the birth
- I would like to have help for leg support
- I would like to push as I feel the urge, undirected by medical staff
- I prefer directed pushing by the medical staff
- I would like to use delivery methods directed by medical staff
- I would like to touch the baby's head when it crowns
- Father of baby to cut the cord
- Physician or nurses to cut the cord
- I would like my baby placed skin to skin right after birth unless there is a medical complication

- I prefer my baby be placed directly on the radiant warmer and dried before held by me or my family
- I would like the following people present in the room during the birth of my baby _____
- Please, no visitors in for the birth

For a Cesarean birth:

- My partner will come with me to the operating room
- A designated family member will come to the operating room with me
- My partner will go with the baby to the nursery after the birth
- My partner will remain with me after the birth and a designated family member will be with the baby in the nursery
- I would like my baby brought to me in the recovery room for breastfeeding and bonding
- I would like my baby to remain in the nursery until I am back to my room so I can bond with my baby before extended family and friends
- I would like my baby to go to my room while I am in recovery and bond with extended family and friends
- I would like the baby bathed before coming to me
- Please save the bath until I can be present

Baby

- I would like to hold my baby skin to skin as soon as possible after birth
- I would like to breastfeed my baby within the first hour after birth
- I prefer infant medications and weight be held for the first hour
- I prefer infant medications be given and weight done immediately after birth
- I would like to participate in the first bath
- I prefer the nurses give the first bath and I will watch
- Baby will be rooming in with me
- Baby will be breastfeeding, please no formula or artificial nipples unless medically indicated
- I will be formula feeding
- I need assistance on how much formula my baby will be needing at each feeding session
- My baby will be receiving the Hepatitis B immunization while in hospital
- My baby will not be receiving the Hepatitis B immunization while in hospital; I will have it administered in the clinic setting.

Other:
