

**Name** \_\_\_\_\_

**DOB** \_\_\_\_\_

**Estimated due date** \_\_\_\_\_

**Birth partner's name** \_\_\_\_\_

**Allergies** \_\_\_\_\_

**Pregnancy history** \_\_\_\_\_

## Environment

- Dimmed light
- Playing music
- Close curtains
- Labouring in \_\_\_\_\_
- Reading affirmations
- Candles
- \_\_\_\_\_ Essential oil diffused
- \_\_\_\_\_
- \_\_\_\_\_

## In delivery room

- Partner/husband/wife
- Doula
- Private midwife
- Birth photographer
- Mother/mother-in-law
- Friend
- Child/children
- \_\_\_\_\_

## Checks/ interventions

- Cervix dilation checks
- Continuous foetal monitoring
- Mobile foetal monitoring
- Doppler foetal monitoring ONLY
- Breaking amniotic sac
- Augmentation of labour
- Episiotomy **if required**
- Use of instruments **if required**
- \_\_\_\_\_

## Pain relief

- Epidural
- Gas
- Sterile water injections
- No pharmaceutical pain relief
- TENS machine
- Hot shower / bath
- Acupressure
- Breathing techniques
- \_\_\_\_\_

## Positions during labour

- Laying down
- Sitting up
- Squatting
- Side lying
- On all fours
- Lean on partners
- Use birth bar
- Use foot pedals
- Use birthing stool
- \_\_\_\_\_
- \_\_\_\_\_

## In the 3rd stage of labour I would like to

- Receive pitocin/oxytocin
- Not receive pitocin/oxytocin & try to push the placenta out
- Keep the placenta
- Bank cord blood
- Donate cord blood
- Wait for the umbilical cord to stop pulsating before cutting it
- Cut the cord myself
- Have my partner cut the cord
- Have baby on my chest while I try during placental expulsion

## In the 2nd stage of labour I would like to

- Be mobile
- Birth standing up
- Use peanut ball
- Sit on exercise ball
- Touch baby's head
- See baby's head
- Play playlist
- Use \_\_\_\_\_ essential oil
- Push spontaneously
- Cued pushing
- Let epidural wear off to push
- Catch baby
- Have warm compress applied when pushing
- \_\_\_\_\_

## Baby's care

- Baby to be left on my chest straight after delivery unless there is a medical emergency
- Try to breastfeed
- Baby to cry on their own
- Baby to not be wiped immediately after birth
- Baby's care to be given in my or my partner's presence
- Baby to be given vit K & hep B
- Baby to **NOT** be given vit K & hep B

## If a c-section is necessary, I would like to

- Ensure that this is the **ONLY** option left
- Stay awake
- Know step by step what is happening
- Have the drape pulled down as baby is birthed
- Have my partner present
- Photos/videos taken
- My hands left free
- My partner to hold the baby as soon as possible
- To breastfeed when being sutured
- To breastfeed in the recovery room

## During my hospital stay, I would like

- My partner to stay at all times
- A private room if possible
- A lactation consultant to come see me
- A physiotherapist to come see me
- A paediatrician to come see me
- Baby to stay in the room at all times
- Baby taken to the nursery at night
- Stay in hospital for as little as possible
- Stay in hospital until I feel ready to go home
- Help with changing/bathing baby
- Help with feeding baby
- Help with scar/suture care

**Thank you very much for your support, co-operation and encouragement during this beautiful and special time. We trust that you will support and respect our wishes.**