

Vaginal Birth Plan

Date

Name: _____

Health#:

DOB:

EDD:

Partner:

Phone#:

DR/MW:

Doula:

Medications:

Allergies:

For Me

I Consent To:

- Life Saving Measures In An Emergency

You Must Obtain Consent Every Time:

I Do Not Consent To:

- I'll Sign an AMA If You're Uncomfortable

For Baby

I Consent To:

You Must Obtain Consent Every Time:

• • • • • • • •

I Do Not Consent To:

• 100 •

See Reverse For Cesarean Birth Plan & Postpartum Plan

Page 1

Cesarean Birth Plan

Date

Name: _____

Health#:

DOB:

EDD:

Partner:

Phone#:

DR/MW:

Doula:

Medications:

Allergies:

Cesarean

I Would Like:

• • • • • • • • • •

I Do Not Want:

• • • • • • • • •

Postpartum

Pain Management To Include:

• 100 •

I Would Like:

I Do Not Want:

• 100 •

Notes

10



For everything that you want to happen, put those items in the “I Consent To” column. Write what you actually want, not what you think you “have to” have. For anything that you are open to as part of a back up plan, put those in the “You Must Obtain Consent Every Time” column. And for anything that you definitely do not want, no matter the situation, put in the “I Do Not Consent To” column. Do the same for your baby. On the back side there is a space to make a cesarean plan and a postpartum plan. The cesarean plan is so that you are prepared in the event that you need to switch to that option. If you want a cesarean, make that side your Page 1. Make your birth plan as early as possible and plan to make changes to it as you go. Discuss it as often as possible with your care provider as appointments tend to be limited in time and it takes multiple consent conversations in order to truly make an informed decision.

Examples Of Options To Ask About

Pain Relief During Labour:
Birth Environment
Conscious Breathing
Massage
Acupuncture/Acupressure
Counter Pressure
TENS Machine
Sterile Water Injections
Nitrous Oxide
Opioids
Epidural

Labour & Birth Interventions:
Intravenous Line (IV)
Stretch and Sweep
Foley Catheter
Prostaglandins
Artificial Rupture of Membranes
Synthetic Oxytocin
Coached Pushing
Vacuum Extraction
Forceps
Episiotomy
Hands Off 2nd Stage
Assisted 2nd Stage

Postpartum Interventions:
Synthetic Oxytocin Injection
Cord Traction
Fundal “Massage”
Management of Complications
What To Do With The Placenta
Pain Relief Options
Options For Baby:
Skin To Skin
Cord Clamping
Feeding Options
Newborn Tests
Vitamin K Injection
Erythromycin Eye Ointment
Bathing of Baby

Cesarean Options:
Drapes Be Clear Or Dropped
Room Environment
Conversation In The Room
Photos Or Video
Incision and Closure
Type of Dressing
Who You Want In The Room
Type Of Help Afterwards
How To Have Skin To Skin



Imagine that your baby is already in your arms and your birth went exactly the way that you wanted it to go.

- What happened?
- Where did it happen?
- When did it happen?
- Who was there?
- How do you feel now?

Write out your birth story in past tense. Use this story to help you choose what to put in your birth plan. If you want to take this exercise to the next level, read your birth story out loud. Really feel it. Then when you are ready, record yourself telling your birth story. There is something really powerful about hearing yourself, tell your birth story in this way. Then if you want to take it even deeper, listen to the recording at night as you are drifting off to sleep. Or even, play it on a loop during the night. This step will move the story into your subconscious mind, sending this message directly to your body and your baby.

Other Ways To Use This Exercise

Help With Labour

- You can use the exercise of imagining your baby already in your arms, to help you get through early labour contractions.
- If you are in prodromal labour, you can use this same exercise to help you get into active labour.
- Tip: You can add the date that you want your baby to be born in to your recorded birth story and listen to that at night.

Help With Challenging Conversations

- If you are dealing with a challenging health care provider, you can imagine how you want your appointment to go ahead of time. Write it down as if it has already happened. This will help you to be more relaxed going into your appointment, and if you are more relaxed, they are more likely to be relaxed.
- The same can be done for talking to difficult friends, family members, or other people in the community.

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Health#:

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Doula:

Medications:

Allergies:

For Me

I Consent To:

You Must Obtain Consent Every Time:

I Do Not Consent To:

- I'll Sign an AMA If You're Uncomfortable

For Baby

I Consent To:

You Must Obtain Consent Every Time:

• • • • •

I Do Not Consent To:

See Reverse For Cesarean Birth Plan & Postpartum Plan

Page 1

Cesarean Birth Plan

Name: _____

Health#:

DOB:

EDD:

Cesarean

I Would Like:

• • • • • • • • • •

Partner:

Phone#:

DR/MW:

Doula:

Date

Medications:

Allergies:

Postpartum

Pain Management To Include:

•
•
•
•
•
•
•

I Would Like:

• • • • •

I Do Not Want:

A vertical line with six black dots arranged vertically along its right side.

Notes

•
•
•

See Reverse For Vaginal Birth Plan & Newborn Plan

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For everything that you want to happen, put those items in the “I Consent To” column. Write what you actually want, not what you think you “have to” have. For anything that you are open to as part of a back up plan, put those in the “You Must Obtain Consent Every Time” column. And for anything that you definitely do not want, no matter the situation, put in the “I Do Not Consent To” column. Do the same for your baby. On the back side there is a space to make a cesarean plan and a postpartum plan. The cesarean plan is so that you are prepared in the event that you need to switch to that option. If you want a cesarean, make that side your Page 1. Make your birth plan as early as possible and plan to make changes to it as you go. Discuss it as often as possible with your care provider as appointments tend to be limited in time and it takes multiple consent conversations in order to truly make an informed decision.

Examples Of Options To Ask About

Pain Relief During Labour:	Labour & Birth Interventions:	Postpartum Interventions:	Cesarean Options:
Birth Environment	Intravenous Line (IV)	Synthetic Oxytocin Injection	Drapes Be Clear Or Dropped
Conscious Breathing	Stretch and Sweep	Cord Traction	Room Environment
Massage	Foley Catheter	Fundal “Massage”	Conversation In The Room
Acupuncture/Acupressure	Prostaglandins	Management of Complications	Photos Or Video
Counter Pressure	Artificial Rupture of Membranes	What To Do With The Placenta	Incision and Closure
TENS Machine	Synthetic Oxytocin	Pain Relief Options	Type of Dressing
Sterile Water Injections	Coached Pushing	Options For Baby:	Who You Want In The Room
Nitrous Oxide	Vacuum Extraction	Skin To Skin	Type Of Help Afterwards
Opioids	Forceps	Cord Clamping	How To Have Skin To Skin
Epidural	Episiotomy	Feeding Options	
	Hands Off 2nd Stage	Newborn Tests	
	Assisted 2nd Stage	Vitamin K Injection	
		Erythromycin Eye Ointment	
		Bathing of Baby	



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