



Birth Plan

Maria Martinez, (Mia)

OB/Midwife: Dr. Christine Doerr

Partner: Anthony Williams

Est Due Date: Jul 27, 2018

Pediatrician: Dr. Jessica Robyn

Thank you all in advance for being fantastic and doing your best for me and my baby. **This is my 2nd child. I have had a C-section, and I am planning on having a VBAC.** I understand things don't always go as planned. I trust you will explain and discuss with us all procedures and potential problems. Thank you for using my preferences to help guide and inform my birthing process.

Medical Notes: group B strep



**Please wait to offer pain medication, I will request if it is needed.
Please offer a warm compress for perineum during pushing.
I would like skin-to-skin contact as soon as possible.**

Pre-Labor, I would like:

- my water to break on its own
- to be induced if necessary

If induced, I am open to: stripping membranes, balloon catheter, prostaglandin, IV drip, pill

During Labor, I would like:

- free movement and fetal monitoring only if baby is in distress

Pain Management

- I'd like to try: bath or shower, different positions, breathing techniques, meditative audio, acupuncture or acupressure
- please wait to offer pain medication
- I'm open to: epidural and/or spinal block

During Birth, I would like:

- to feel the urge to push, help knowing when to push, warm compress on perineum during pushing, touch baby's head as crowning, avoid forceps, avoid vacuum
- my support team would love to catch the baby

If Cesarean, I would like:

- a moment alone with someone from my support team to process prior to surgery
- someone from my support team to remain in the room
- to watch the birth
- skin-to-skin contact asap
- to try breastfeeding asap
- the baby exposed to vaginal fluids

After Birth, I would like:

- my team would love to cut the umbilical cord
- delayed cord-clamping
- skin-to-skin asap
- baby-led initiation of breastfeeding
- myself or someone from my team with baby during any treatments or tests
- baby to stay in my room at all times

Please DO NOT give: sugar water, formula, pacifier, bath

If baby is not doing well, I would like:

- to accompany baby to the NICU or another facility
- to try breastfeeding or to provide pumped milk
- to hold baby whenever possible

Postpartum, I would like:

sitz baths, limited visitors, ice packs, to wear my own clothes, Depends and/or heavy duty pads, visit with a lactation consultant, to stay in the hospital as long as possible

Pain Management: ibuprofen, any pain medicine recommended

Other Notes:

Environment Preferences: birthing ball, music, aromatherapy, fan

To prepare for birth I have studied: General Birth Education, Alexander Technique

Support Team:



Anthony Williams
PARTNER



Cassandra
FRIEND



Julieanne
DOULA

Birth Plan 
Birth with Confidence