

Questions for client to ask doctor/midwife before writing birth plan:

1. I would prefer not to have an IV or Heplock are you ok with it? I will be sure to drink enough to stay hydrated and if any complications arise I am ok with the IV.
2. I would like to eat in labor, are you ok with that? What if the hospital tells me I can't?
3. When labor begins, or I think it is, when should I call you?
4. As I feel more comfortable at home, I would like to stay there as long as possible before heading to the hospital. How long are you comfortable with me staying at home laboring:
 - With water intact?
 - With water broken?
5. What reasons do you perform:
 - An episiotomy?
 - A cesarean section
6. Assuming everything is good with the baby and myself, I would prefer to let the baby come on its own. How long can I go past my due date before you would want to induce?
7. If you are not on call who is your primary backup?
8. How many people will you allow in the labor room?
9. Can my support person stay with me when I have an epidural or cesarean (how many in the OR for a cesarean)?

I am looking forward to birthing our baby at the Johnson Center at LPCH.

First off, thank you so much ahead of time for your wonderful care of our family. We are very excited to deliver our second baby at Peninsula Hospital. We have just a few requests for you as we go through this process.

1. I am aware of my pain management options and will ask for medication if I need it. I would like to try the following pain management techniques before turning to medication: acupressure, bath/shower, breathing techniques, hot/cold therapy, and massage.
2. I would like to have intermittent fetal monitoring, if possible. I would like to be up and out of bed as much as possible.
3. I would like to try different pushing positions and be up as much as possible during stage 2 of labor.
4. I would like to risk a tear rather than have an episiotomy
5. I would like to leave the option open for husband to catch our baby or cut the cord.
6. I would like skin-to-skin contact right after delivery of our baby.
7. I would like to try breastfeeding as soon as possible. I would like to exclusively breastfeed. Please do not give our baby a bottle, a pacifier, sugar water, or formula without discussing it with me first.
8. I would like our baby to receive the antibiotic eye ointment, the vitamin K injection
9. I would like to waive the Hepatitis B vaccine.

Thank you for your help and support in the birthing of our baby.

Mom & Dad X

Doctor

Doula