

# My Birthing Preferences



Name: \_\_\_\_\_ Doctor or midwife: \_\_\_\_\_

Attendant(s): \_\_\_\_\_

*Use this checklist to guide your discussion with your practitioner. Note your preferences and give copies to your caregivers when you arrive at the hospital.*

## LABOR

- I'd like to have my labor photographed.
- I'd like intermittent or wireless fetal monitoring so I may move around freely during labor.
- I prefer a heparin lock with my IV placement.
- I'd like an epidural or other pain medication as soon as possible.
- Please give me my options for pain medication and I will decide if I would like them.
- Please don't offer me any pain medication. I will request if needed.
- I'd like to labor in the tub or shower\*.
- I prefer to let my water break naturally.
- I'd like to be coached on when to push and for how long.
- I'd like to push when and how I feel I should.
- I'd like warm compresses applied to my perineum while pushing.
- I'd like to choose the position I deliver in\*.
- I'd like to view my baby's birth using a mirror.
- I'd like to touch my baby's head as it crowns.
- I'd like to try an assisted vaginal delivery as opposed to a C-section if I need help delivering vaginally.
- I would rather have a C-section than have an assisted vaginal delivery for any indication other than fetal distress.

## AFTER DELIVERY

- I'd like to film video immediately after the delivery.
- I'd like to hold my baby skin-to-skin immediately after delivery and delay weighing my baby, etc.
- I'd like to hold my baby skin-to-skin immediately after delivery then after a few minutes have him/her dried off, weighed, etc.
- I'd like to delay cord clamping for at least 30 seconds.
- I'd like to have my partner cut the cord.
- I'd like to avoid Pitocin for delivery of the placenta.
- I plan to store my baby's cord blood in a private bank.
- I'm not banking my baby's cord blood.
- I plan on taking my placenta home.
- I plan to exclusively breastfeed my baby.
- I plan to feed my baby formula.
- I'd like to be consulted before my baby is offered a bottle or pacifier.
- I have consulted my baby's pediatrician and I'd like to refuse the routine administration of erythromycin eye ointment for my baby.
- If my baby's a boy, I want him circumcised at the hospital.

\*Depending on the physician on call when you present in labor, these options may or may not be recommended. You will be able to have a conversation about risks, benefits, and alternatives with the physician on call before any final decisions are made.