



# My Birth Preferences

Name: \_\_\_\_\_ Primary OB: \_\_\_\_\_

Due Date: \_\_\_\_\_ Attendant(s): \_\_\_\_\_

## DURING LABOR

- I'd like to have my labor photographed.
- I'd like to wear my own gown brought from home.
- I'd like intermittent or wireless fetal heart rate monitoring so I may move around freely during labor.
- I prefer to just have an IV instead of an IV with fluids.
- 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 it 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 in which I deliver.
- 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 would 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 emergent fetal distress close to delivery.
- I would like a tubal ligation for permanent pregnancy prevention if I have a C-section or six weeks after a vaginal delivery.

## AFTER DELIVERY

- I'd like to film a video immediately after my delivery.
- I'd like to hold my baby skin-to-skin immediately after delivery and delay weighing my baby, etc. for about an hour.
- 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 would like to have my partner cut the cord.
- I plan to refuse routine Pitocin administration immediately after birth.
- I plan to donate my baby's cord blood to a public bank.
- 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 have discussed breastfeeding with my doctor, and I have no questions about exclusively breastfeeding.
- I still have questions about exclusively breastfeeding.
- I'd like to be consulted before my baby is offered a bottle or a pacifier.
- I have consulted my baby's pediatrician, and I'd like to refuse the routine administration of erythromycin eye ointment.
- If my baby is a boy, I want him circumcised at the hospital.

I have read the Birthing Preferences Guide, reviewed the linked websites within the guide and discussed my birthing preferences with my primary OB.

Patient Signature: \_\_\_\_\_

*Note: 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.*