

Sample Birth Plan

Name: _____

Labor Partner: _____

Other Support Person(s): _____

The following are my wishes for my upcoming birth experience at St. Luke's. I would prefer to have a more natural childbirth and would like to have my nurse support me with this goal. I understand that I will need to be flexible in my wishes if something unexpected happens.

Before delivery, I would:

- Prefer no routine IV.
- Like to eat light snacks.
- Like to walk and find positions that are comfortable for me.
- Prefer to help my labor along with IV Pitocin or artificial rupture of the membranes only as a last resort. I would rather use natural methods such as nipple stimulation or pressure points.
- Like to avoid using pain medication and an epidural.
- Like to use oil and warm compresses in the vaginal area before birth, to avoid the need for an episiotomy.
- Prefer to give birth in the position I find most comfortable (on my side, squatting, on my hands and knees).
- Like my labor partner to cut the umbilical cord.

After delivery, I would:

- Prefer to have my baby warmed by "skin-to-skin" contact with me.
- Like to breastfeed as soon as possible.
- Like bonding time with my baby before the eye ointment is given.
- Prefer that I and/or my labor partner be present at my baby's first bath and other routine newborn care.

Physician Reviewed _____ Date _____

