

[Date]

[Mother's Name]

My fiancé and I are looking forward to sharing our first birth experience with you. We have created this birth plan in order to outline some of our preferences for birth. We would appreciate you reviewing this plan, and would be happy to do so with you. We understand that there may be situations in which our choices may not be possible, but we hope that you'll help us move toward our goals as much as possible to make this birth a sacred experience. We would like to be informed of any procedures or medications in advance, and to be allowed the chance to give our informed consent. Please feel free to ask if you have any questions or comments. Thank you!

During Surgery

- Please ensure all medications are suitable for breastfeeding
- I'd like a non-drowsy, anti-nausea med if possible (Zofran)
- I'd like to have my doula in the OR
- Please explain the surgery to me as it happens
- No sedatives after birth. I want to remember my baby's first day of life.
- Please reinforce my uterus and use dissolvable stitches for closing me up (double suture on my uterus and staples on the outside.)
- Warm blanket during surgery if possible
- Please allow my iPod

Baby

- Please lower the screen just before delivery so I may see the birth of our baby.
- I ask that the surgery be performed slowly and if possible allow the cord to continue pulsing after the birth so Baby may start breathing on her own while still attached to the placenta
- Please allow for skin-to-skin contact immediately after delivery and evaluate Baby on my chest, (If this is not possible – then father would like skin-to-skin contact)
- Keep cord long for daddy to cut while baby is in my arms
- No Eye Gel, No Hep. B vaccine. I will sign the waiver ahead of time.
- I'd like to see and touch the placenta and cord

Recovery

- Once back in our room to recover and been checked as stable, we would like to be alone with Baby to nurse.
- We would like to keep Baby with us at all times. If Baby must go to NICU due to medical reasons, my fiancé will follow.
- If someone arrives to visit, please check with my husband or I as to whether we are up for company before allowing them in our room.
- I am willing to be up and walking as soon as possible
- I would like my Catheter out early the morning after surgery
- I would like to eat and have the IV removed as soon as possible after surgery
- I will be nursing on demand and whenever Baby is fussy to help stimulate my milk to come in and to soothe Baby.