

# Birth Plan

**Name:** Cat Sims  
**Age:** 32  
**Due Date:** 30<sup>th</sup> November 2013

## FACILITIES & BIRTH COMPANIONS

<b>Birth Partner</b>	<p>Jimmy Sims (Husband)</p> <p><b>I would like Jimmy to be with me at all times.</b> There are no circumstances in which I would want him to leave the room. If a caesarean/forceps/vacuum delivery is necessary, I would like Jimmy to be present if possible.</p> <p>If interventions are suggested, we would appreciate, if possible the opportunity to discuss these in private. We understand that in certain emergency situations this is not always possible.</p>
<b>Where I'd like to give birth</b>	<p>I would like to give birth in the <b>birth centre at Queen Charlotte &amp; Chelsea Hospital.</b></p> <p>I would like to use the birthing pool for pain relief and the birth but not for delivering the placenta.</p>
<b>Birthing Equipment</b>	<p>I plan to use a birthing ball, which I will bring myself.</p>
<b>Amenities</b>	<p>We would like to bring music.</p>

## LABOUR & BIRTH

<b>Monitoring During Labour</b>	<p>As long as the baby and I are doing fine I would like to <b>have intermittent electronic fetal monitoring</b> rather than continuous.</p>
<b>Keeping active during labour</b>	<p>I would like to <b>stay active</b> during labour for as long as possible.</p>
<b>Eating &amp; drinking</b>	<p>I would like to eat if I am hungry and would prefer to stay hydrated by drinking clear fluids instead of having an IV</p>
<b>Speeding up labour</b>	<p>If labour slows down I would prefer to be allowed to <b>progress naturally</b> and have my labour augmented only if necessary.</p> <p>I would like any proposed interventions e.g. breaking waters, acceleration, ventouse etc., to be explained and discussed first and</p>

	ideally kept to a minimum.
<b>Positions for labour and birth (vaginal birth)</b>	<p>I would like to be in the <b>birthing pool for delivery</b>.</p> <p><u>I do not want to be lying on my back during birth</u> if a delivery in the birthing pool is not possible. I would like to find the best positions for labour myself and change this as I wish.</p> <p>If a pool delivery is not possible, I would like to try the following positions:</p> <ul style="list-style-type: none"> <li>▪ Hands and knees</li> <li>▪ Squatting</li> <li>▪ Side-lying position</li> <li>▪ Whatever feels right at the time!</li> </ul> <p>I wish to know when the head is crowning.</p> <p>I would appreciate firm advice and guidance at this time to guard against too quick a delivery giving the perineum time to fan out thus (hopefully) preventing a tear.</p>
<b>Skin to skin contact with baby</b>	I would like <b>skin-to-skin contact with the baby immediately</b> following the birth, putting off any procedures that aren't urgent. No cleaning/wiping is necessary.
<b>Boy or Girl?</b>	We are happy for the midwives/doctors to tell us whether it is a boy or a girl.
<b>Cutting the cord</b>	<p><b>I would like my husband Jimmy to cut the cord.</b></p> <p>We would like to <b>wait until the cord has stopped pulsating</b> before it is clamped and cut.</p>
<b>Midwives/Nurses/Doctors in training</b>	I would like to have as few people in the room as possible. I would like only my partner/midwife and necessary medical personnel to be present.

## PAIN RELIEF AND MEDICAL CARE

<b>Pain Relief options</b>	<p>I would prefer the <b>birth to be as natural as possible</b>. I would like information about any proposed medication before receiving it, including the purpose, potential side-effects to me and the baby and the options on timing.</p> <p>I would like to try:</p>
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	<ul style="list-style-type: none"> <li>▪ Breathing &amp; relaxation</li> <li>▪ Being in water</li> <li>▪ Massage</li> <li>▪ TENS</li> <li>▪ Gas and air</li> </ul> <p>If further pain relief is required, <b>I do not want to be given pethidine.</b></p>
<b>Having an episiotomy</b>	If possible, I would like to <b>avoid an episiotomy</b> . I would prefer to try alternative positions first but I would appreciate advice regarding this at the time.
<b>Delivering the placenta after the birth</b>	I would like to be injected with syntometrine to help deliver the placenta following the birth.  We are happy for the placenta to be disposed of.
<b>Stitches</b>	If stitching is necessary I would like a local anesthetic to be well administered prior to stitching.

## UNEXPECTED SITUATIONS

<b>Emergencies</b>	<p>If possible my husband and I would like to discuss all eventualities as they arise. Please share any concerns with us as soon as they come up. It will help us to know the answers to these questions:</p> <ul style="list-style-type: none"> <li>▪ What is wrong?</li> <li>▪ What do you suggest and why?</li> <li>▪ What would be the possible outcomes with and without this intervention?</li> <li>▪ How much time do we have to make a decision?</li> <li>▪ Are there any other courses of action open to us?</li> </ul> <p>All we want is to ensure a healthy baby and mother. We will do whatever it take to make this happen but will need balanced guidance and advice to help us with this.</p>
<b>Assisted Delivery</b>	In the event that an assisted delivery is necessary I <b>prefer ventouse to forceps.</b>
<b>C-Section</b>	<p>I am planning a vaginal birth without intervention/c-section but, should circumstances dictate, I am willing to consider other options so long as I am fully informed of the advantages and disadvantages.</p> <p>If I have to have a C-Section <b>I would like my partner present at all</b></p>

	<p><b>times.</b></p> <p>I would like to have a <b>spinal anaesthetic.</b></p> <p>If possible I would like <b>immediate skin-to-skin contact.</b> If not possible, I would like the baby to be given to my husband Jimmy immediately.</p>
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## MY BABY

<b>Feeding my baby</b>	<p>I would like to <b>breastfeed</b> my baby as soon as possible following the birth. I would like my baby close to me at all times following the birth.</p> <p>I do not want my baby to be given any artificial milk without discussing it first with the midwife.</p>
<b>Vitamin K for my baby</b>	We consent to the baby being given Vitamin K
<b>After delivery</b>	<p>We would like to be left alone with our baby as soon as everyone is sure that there are no problems.</p> <p>I'd like all newborn procedures to take place in my presence if possible. If this is not possible, I would like my husband Jimmy to be present.</p>

## POSTPARTUM

<b>Private Room</b>	<p>Following the birth, if possible, we would like <b>a private room</b> if one is available for the first night.</p> <p>In a private room, I would like my husband to stay with me for the first night.</p>
<b>Discharge</b>	I would like to be consulted as to when I should be discharged from hospital.

## EXTRA HELP

<b>Special requirements</b>	I am allergic to latex.
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