

Mother: Jane Doe, Blood Type: O+

Allergies: NKA, DOB: 12/17/1985

EDD: March 24, LMP: June 17, 2016

Midwife: Nile Women's Healthcare

Pediatrician: Dr. David Bergman (770-640-8119)

Insurance: Humana, Member ID: 912293610

Dad: Joe Smith

Baby: Gender Surprise! Please let us reveal sex/name.

We are planning for an **unmedicated birth**. For this reason, please do not offer any pain medication. We are also planning to use **hypnobirthing techniques**. Thank you so much for your assistance in helping us to achieve this goal.

- Vaginal exams - please do one at admission and one before pushing.
- Do not ask about pain level
- Do not offer pain medication

- Planning for a water birth. Certificate #020917-03
- Using hypnobirthing techniques; breathing baby down and "letting it happen naturally"
- Please do not encourage supine position during delivery
- Please do not direct pushing or count aloud
- Dad would like to catch baby
- Dad would like to cut the cord

- Immediate skin to skin
- Please allow the cord to stop pulsing before clamping
- Please do not tug on cord

- Baby will stay in room with parents or Dad will accompany him
- We accept Vitamin K shot
- We decline Hepatitis B shot
- We decline eye ointment
- We decline circumcision
- Please do not offer pacifiers/artificial nipples
- Plan to exclusively breastfeed; send a lactation consultant as soon as possible

If C-section is required:

- Skin to skin contact as soon as possible and to stay together with baby to breastfeed during initial recovery period.
- If my husband has to leave the operating room with the baby, I would like my doula to take his place.