

BIRTH PREFERENCES

Know your options at every stage



WOMAN TO WOMAN DOULA CO.

Stage 1: Early & Active Labor

Interventions/augmentation of labor

- Membrane sweep
- AROM(artificial rupture of membranes)
- Foley/cooks catheter
- Cervidil
- Prostaglandin
- Pitocin
- Forceps
- Vacuum
- Episiotomy
- Contraction and heart rate monitors
- Oxygen
- IV fluids
- Antibiotics

Fetal Monitoring

- None
- Handheld Doppler
- Intermittent
- Continuous
- Internal(fetal scalp)wireless

Cervical Exams

- None
- Limited
- As needed

Nutrition

- Drinking/eating
- Ice chips
- IV fluids
- Sucker/honey stick/popsicle/etc

Relaxation Techniques

- Vocalization
- Breathing Techniques
- Visualization
- Focal Point

Room atmosphere

- Music
- Dim Lighting
- Aromatherapy
- Wear your own clothes
- Students allowed
- Students not allowed in
- Quiet voices/minimal distractions

Pain Relief

- Hydrotherapy (tub/shower)
- Hot/cold packs
- TENS unit
- Massage
- Counterpressure
- Nitrous Oxide
- IV pain meds (narcotic)
- Sterile Water Injections
- Epidural
 - Only offered when asked for
 - Offered freely throughout labor

Stage 2: Pushing & Birth

Labor/birthing positions

- Toilet (forwards/backwards)
- Ball (rocking/rolling/hip circles)
- Lunging
- Standing
- Laying down (side/back)
- Dancing/swaying
- Squatting
- Hands and Knees
- Birth Stool

Pushing

- Directed
- Spontaneous with the urge
- Counting
- Holding breath
- Breathing baby down
- Labor down
- Side lying
- Hands and knees
- Squat
- Tug of war
- In Water
- Lying on back
- Warm compress
- Mineral oil
- Episiotomy
- Prefer to tear
- Mirror to watch
- Touch head when crowning

Stage 3: Birth Of The Placenta

After Delivery

- Delayed cord clamping
- Immediate cord clamping
- Lotus Birth (placenta delivered attached to baby)
- Partner/mom cut cord
- Mom/partner catch baby
- Pitocin to expel placenta/control bleeding (IV or IM)

- Natural expulsion of placenta (no Pitocin/wait and see approach)
- Fundal Massage
- Skin to skin immediately
- Weight/measurement immediately
- Suction babies mouth and throat
- Deny suction
- Keep placenta (personal/capsules)

Stage 4: Immediate Postpartum

Baby/Immediate Postpartum

- Golden hour
- All assessments on mom
- All Assessments At warmer
- Erythromycin eye cream (immediate or delayed)
- Hepatitis B Vaccine(immediate or delayed)
- Vitamin K injection or sublingual
- Partner to be with baby if birther cannot

- Partner to stay with birther
- Bath asap
- Bath delayed/denied
- Skin to skin w/ birther and/or partner
- Breast/Chestfeed
- Bottle feed
- Formula
- Pacifier

Cesarean Birth Options.

- Spinal anesthesia
- General anesthesia
- Partner/doula(s)
- Photographs
- No small talk
- Music
- Clear Drape
- Drop drape/watch birth
- Mirror to watch birth
- Bed angled for better view of birth
- Slow/gentle delivery
- Delayed cord clamp
- One arm free
- Nausea meds or none
- Vaginal seeding
- Breastfeed in OR
- Breastfeeding in recovery
- Skin to skin in OR
- Skin to skin in recovery
- Partner skin to skin in OR
- Partner skin to skin in recovery
- Blood transfusion
- Iron supplements

Legally and Ethically, you have the right to make informed decisions about your medical care. **With the exception of emergencies (where your or your baby's life is in danger),** you can always ask for more information and time to thoroughly consider all your options with your trusted support team.

Due Date :

Dr/ OB:

Place of birth: _____

Partner Name:

Relationship:

Present For Birth: YES NO

The most important thing about my birth is:

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Additional Birth Preference Notes

CESAREAN BIRTH PREFERENCES

For The Birth

Anesthesia

- Spinal anesthesia
- General anesthesia

OR Atmosphere

- Partner present
- Doula present
- Photographs
- No small talk
- Music

Birth Experience

- One arm free
- Clear Drape
- Drop drape/watch birth
- Mirror to watch the birth
- Bed angled to view birth
- Slow/gentle delivery
- Blood transfusion
- Iron supplements
- Nausea meds

Immediate Postpartum

- Skin to skin in OR
- Skin to skin in recovery
- Delayed cord clamping
- Immediate cord clamping
- Lotus Birth
- Partner to cut the cord
- Keep the placenta
- Vaginal seeding
- Golden Hour

Newborn Care & Procedures

Infant Feeding

- First feed in OR
- First feed in recovery
- Breast/Chest Feed
- Bottle Feed
- Syringe feed colostrum
- Lactation aid
- Cup feed
- Formula
- Expressed/pumped milk
- Visit with IBCLC in hospital

Newborn Procedures

- Erythromycin eye cream
- Hepatitis B Vaccine
- Vitamin K injection or sublingual
- Bath asap
- Bath delayed/denied

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Due Date : _____

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Relationship: _____

Place of birth: _____

Present For Birth: YES NO

The most important thing about my birth is:
