

# 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.

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

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# 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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