

C-Section Birth Plan Template

PREGNANCY INFO

Name: _____ Number of c-sections: _____
Care team: _____ Group B strep status: _____
Pediatrician: _____ Gestational diabetes: _____
Number of births: _____ Other health issues: _____

PRIOR TO DELIVERY

- Meet the members of the OR team
- Walk through of the procedure before going to OR
- Explanation of medications to be used
- Insert catheter after anesthetics
- ECG leads on back (chest free for skin-to-skin)

DURING DELIVERY

- Partner present at all times
- No students
- Would like to be able to move arms
- Must consent to any additional medicine
- Warm blanket
- Use vacuum instead of forceps, if needed
- Drape up

ONCE BABY IS DELIVERED

- Delayed cord clamping
- Leave vernix on baby
- Immediate skin-to-skin w/ me or partner
- Baby and partner remain in room until surgery is complete
- Hold baby during transfer
- Partner will follow baby if need to leave
- Breastfeed in OR

RECOVERY

- Remove IV, catheter, ECG leads as soon as possible
- Use the restroom as soon possible
- Meet with lactation consultant
- Take Baby to nursery when I sleep