

Drug-Free Birth Plan Template

Birth Individual: _____ Partner: _____ Doula: _____

Allergies: _____

Medical Need-to-Knows: _____

STAGE 1

- Free movement _____
- Tub or shower _____
- Birthing ball _____
- Dim lighting _____
- Limited cervical checks _____
- If labor slows, exercise patience _____
- No pain meds _____
- No Pitocin _____
- No membrane sweep _____
- Allow bag of waters to naturally rupture _____

STAGE 3

- Immediate skin-to-skin _____
- Delay cord clamping _____
- Save cord blood _____
- Delay vitamin K, eye ointment & Hep B vaccine for 1 hour _____
- Deliver placenta naturally (expectant or physiological management) _____

STAGE 2

- Choose labor positions _____
- Limit hospital staff _____
- No epidural _____
- Mirror to witness birth _____
- Saline lock in lieu of IV, if needed _____
- No continuous fetal monitoring _____
- No episiotomy _____

NEWBORN CARE

- Exclusive breastfeeding _____
- No pacifiers _____
- No formula _____
- Lactation support requested _____
- Delayed bathing _____
- Room-in with baby _____

Use this birth template to help create your individualized plan!