

ACOG-Inspired Birth Plan Template

Name: _____

Baby's doctor: _____

Care provider: _____

Type of childbirth prep: _____

Labor

- I'd like to move around as I wish
- I'd like to drink fluids
- I prefer an IV line for fluids and medications
- I prefer a heparin or saline lock for fluids and meds
- I don't have an IV or lock preference

I'd like the following individuals with me during labor and/or delivery:

It's

- OK not OK

for medical students and/or residents to be present during labor and delivery.



I'd like to try utilize the following pain-relief options:

- Birthing ball
- Birthing stool
- Birthing chair
- Squat bar
- Warm shower or bath
- Massage
- Counter pressure

Anesthesia Options

- Do not offer anesthesia during labor unless I specifically request it
- Do not discuss anesthesia options with me
- I don't know if I want anesthesia. Feel free to discuss options with me

Delivery

- Avoid episiotomy unless 100% necessary
- I've made arrangements for storing cord blood

For a vaginal birth, I'd like:

- See the birth with a mirror
- My labor partner to support me during the pushing stage
- The room to be as quiet as possible
- The light to be dim
- My labor partner to cut the umbilical cord
- To have my labor partner video or photograph the birth
- My baby to be placed on my chest immediately after delivery
- To breastfeed as soon as possible after birth

In the event of a cesarean delivery, I'd like the following person with me:

- I'd like to see my baby before they're given eye drops
- I'd like my labor partner to hold the baby after delivery if I'm unable
- I'd like my labor partner to go with my baby to the nursery

Baby feeding plan:

- Breastfeed exclusively
- Bottle-feed with breastmilk
- Formula-feed
- Breastfeed and formula-feed

It's okay to offer my baby:

- A pacifier
- Sugar water
- Formula
- None of the above

I'd like my baby to stay:

- With me at all times
- With me except when I'm asleep
- In the nursery, but be brought to me for feedings
- I don't know. I'll decide after birth

Circumcision:

- I'd like my baby circumcised at the hospital or birth center

