

General Birth Plan Template

Birth Plan for _____

MEDICAL CONDITIONS

- Anemia
- Blood clotting issues
- GBS-positive
- Gestational diabetes
- High blood pressure
- Placenta previa
- Preeclampsia
- Previous c-section
- STI-positive
- Other: _____

LABOR

Induction methods:

- Amniotomy (break water)
- Foley bulb
- Pitocin
- Prostaglandin
- Strip membranes

IV:

- Okay
- Saline lock
- Avoid if possible

Pain management:

- Epidural
- Nitrous oxide
- Patient-controlled analgesia
- Pudendal block
- Counter pressure
- Massage
- Hydrotherapy
- Movement
- Breathing exercises

Laboring tools:

- Yoga ball
- Squat bar
- Peanut ball
- Stool
- Chair

Delivery room:

- Dim lights
- Music
- Aromatherapy
- Free movement
- Quiet voices
- Clear liquids to drink
- Photography allowed
- Video allowed
- Medical students allowed
- Continuous fetal monitoring
- Intermittent fetal monitoring

DELIVERY

Delivery positions:

- On back
- On side
- Squatting
- Standing/leaning
- Kneeling
- All fours
- Water birth

Interventions & more:

- Warm compress on perineum
- Episiotomy
- Forceps
- Vacuum
- Delayed cord cutting
- Cord blood banking
- Keep placenta

In case of cesarean

- Vaginal seeding
- Lower drape for delivery
- Gentle c-section

BABY

Feeding:

- Breastfeeding
- Formula
- Donor milk
- Pumped breastmilk
- Combo feeding

First bath:

- Delayed
- Immediate

Circumcision:

- Yes, in hospital
- Yes, out of hospital
- No
- Not applicable

Nursery:

- Upon request
- No

