

Creating Your Birth Plan



It's your choice.



What is a birth plan?

Also known as a "Family Preference Plan" a birth plan is developed by expectant families to communicate their preference for their birth experience with their health care providers. At the Family Maternity Center, we know you have individualized care needs and we want to assist you in identifying your preferences.

What are the advantages to having a birth plan?

There are many advantages to having a birth plan:

- Makes sure families are aware of available labor and birth options and hospital policies.
- Provides the healthcare provider information about the families individualized needs.
- Helps families know what questions to ask and better prepare them for their birth experience.

Will I be able to change my mind?

Yes. A birth plan is just a listing of preferences. As the mother and infant's condition changes during labor, the birth plan may have to be modified. Rest assured, we will provide prompt medical attention as needed.

What do you have to do to complete a birth plan?

Hopefully we've made this process as easy as possible for you. Just complete the questions on the opposite pages and bring the completed birth plan with you to your next prenatal visit. You will have the opportunity to discuss your plan with your obstetrician. Once you and your physician have discussed your plan, your physician will sign the plan. A copy of the plan will be sent to Labor and Delivery and kept in your prenatal record. You will keep the original. However, we do ask that you bring the original with you when you are ready to deliver.

Congratulations and thank you for choosing The Family Maternity Center!

You can choose as many options as you want.

1. Patient: _____
2. Physician: _____
3. Support Person: _____
Relationship: _____
4. I plan to attend, or have already attended, these classes during this pregnancy:
 Moms in Motion Sibling Class
 Hospital OB Tour Refresher Class
 Breastfeeding Class
 Beginning Childbirth Education
(To register for classes call (573) 632-5338.)
5. I would like to have these persons present during birth:
A. _____ B. _____
6. I plan to feed my baby:
 Breastmilk Formula
7. If we have a boy, we would like the baby to be circumcised:
 Yes No
8. For comfort measures during labor and birth, I would like to:
 Walk in room/hall Use shower
 Use the birthing ball Use squat bar
 Use heat/cold massage Sit in rocker
 Use my own pillows Other: _____
 Have clear liquids _____
(juice, jello, hard candy) _____
9. For pain control, I plan to:
 Use comfort measures as outlined in #8.
 Use no pain medication.
 Use IV medications
 Use IV medications and/or epidural anesthesia as needed.

10. For intravenous access I would prefer:
 That upon admission routine lab work will be drawn, and at that time tubing will remain in place and a saline lock created.
 If an IV must be connected, I do not want any pain medications administered through the IV without the permission from me or my significant other.
 To be kept informed at all times regarding IV fluids I am receiving, medications and their purpose.
11. During the pushing phase of labor, I would like to:
 Use the foot pedals
 Use the stirrups
 Use the squat bar
 Use whatever method is most comfortable at the time.
12. After birth, I would like to:
 Place baby skin to skin.
 Wrap baby in blanket before holding
 Breastfeed my baby within the first hour.
 Have my significant other cut the cord.
 Have his/her first bath in my room.
13. I would like for my newborn to:
 Stay in my room as long as he/she is stable.
 Have pictures taken in a special outfit I will provide.
14. Other _____

Physician Approval: _____

Date: _____