



Birth Preferences

Please begin to think about what you would like to happen during your birthing experience at Regional Health. A birth preferences form can assist in some of those decisions so you may focus on enjoying this time as much as possible. It gives anyone involved in your care a chance to learn how you would like them to help you. Sometimes circumstances arise that interfere with your birth preferences; however we will do everything possible to make your birth experience a positive, memorable celebration of your special day.

Please review the Birth Preferences form attached. Discuss it with your family members and fill out your preferences. If you have no preference on an item please just leave it blank.

Bring the completed Birth Preferences form to your next appointment so it may be reviewed with your physician or midwife. We will also keep one in your file at the hospital for delivery. We will help you fill out the form if you would like assistance.

My Birth Preferences

Patient Name: _____

Date of Birth: _____

Date Baby is Due: _____

During labor I prefer:

- To move around, walk, sit, stand
- To use a birthing ball during labor
- To use essential oils during labor
- To get in a shower or tub (if membranes are not ruptured) during labor
- Moving around is not important to me

To monitor my baby during labor I prefer:

- Intermittent fetal monitoring per hospital guidelines (if no Pitocin, epidural, or certain high risk situations)
- Continuous fetal monitoring
- No preference, let provider decide
- If desiring a vaginal birth after cesarean, I understand continuous monitoring is required

For pain relief, I prefer:

- Non-medicinal options – walking, changing positions, showering, relaxation techniques
- IV pain medication (i.e. Fentanyl)
- Epidural
- Not to be asked about pain. I will let you know if I would like pain medications.

If I choose an epidural, I would like to have it:

- As soon as possible
- Only after trying other options
- I will ask for an epidural during labor, if I choose this option

During delivery, I prefer:

- Spontaneous pushing
- Directed pushing (pushing at certain times as directed by the nurse or provider)
- To use a mirror to see my baby's head crowning
- Touch the head as it crowns

I would like:

- Immediate skin to skin contact with my baby after birth
- To hold my baby after my baby has been wiped clean and swaddled
- To delay my baby's bath until discharge to home (unless there is a medical reason to bathe baby)

After delivery, I prefer:

- Immediate clamping of the umbilical cord
- Delayed clamping of the umbilical cord unless medically indicated
- No preference on timing of cord clamping
- _____ to cut the cord

If I have a cesarean delivery, I would like:

- _____ (one person) in the OR with me as long as I do not have general anesthesia
- My support person to remain with me the entire time
- My support person to accompany my baby to the nursery/NICU
- I would like to hold my baby skin to skin in the operating room.

Preferences for my baby's care**I plan to:**

- Breast feed
- Formula feeding
- Pumping and bottle feeding my breast milk

If my baby is a boy, I prefer:

- Circumcision
- No circumcision

After birth, I would like to stay in the hospital:

- As short a time as possible. I understand that a 24 hour stay is required for the newborn.
- As long as I am allowed
- I will see how I feel at the time

The following applies to all patients:

- Clear liquids and light snacking in most cases.
- You may choose the lighting, music, etc.
- IV access is required (this may mean a simple saline lock). IV fluids may or may not be needed.
- Episiotomies are no longer routinely recommended and only performed if indicated.
- We strongly recommend all newborns receive Vitamin K injections, vaccines and antibiotic eye ointment. These are all standard recommendations. If you have concerns with any of these interventions, please discuss them with your pediatrician.
- Your provider will discuss all changes in your condition and recommendations for further interventions.
- All of our nurses are highly trained to assist with breastfeeding. We also have lactation consultants available in the hospital. If you need further assistance once you are home from the hospital, outpatient lactation services available. We can provide more information about these services upon request.