

Birth Plan

Notes to midwife

Environment

Pain Relief options

Monitoring

Birth Positions

Extra notes

Name:
Pronouns:
EDD:
Preferred place of birth

Birth Partners Name:
Pronouns:
Contact:

Birth Plan

Intervention

Catching Baby

The Third Stage

The Golden Hour

Cesarean Section

Extra notes

Order in the most important to you

Things to consider:

Plan A

- when to go to birth place
- Membrane sweeps
- VE and Monitoring
- your Environment
- Use of Pools/bed/positions
- Artificial rupture of membranes
- Pain Relief pharmaceutical entinox, pethidine, epidural
- pain relief nonpharmaceutical
- aromatherapy, massage, water
- coaching during second stage
- third stage (natural or managed)
- optimal cord clamping and cord cutting
- golden hour (undisturbed, breastfeeding, skin to skin)
- vitamin k
- Afterbirth

Plan B

Induction preferences

- Induction by membrane sweep
- induction for post date
- Vaginal Examinations after release of membranes
- artificial intervention (forceps etc)
- other augmentation of labour (the drip etc)

Plan C

Caesarean Section

- emergency/ unplanned/ elective
- partner (touch/ Involvement)
- breathing techniques
- music
- curtain lowered
- immediate skin to skin
- optimal cord clamping