

My birth plan (c-section)

1. Personal information

Name: _____

Healthcare provider : _____

C-section date: _____

Pediatrician : _____

Emergency contact : _____

Hospital I am giving birth in: _____

2. Support team

Who I would like to be present during birth (confirm hospital policy on number of support people allowed in the operating room):

3. Delivery preferences

Birth environment (lighting, music, aromatherapy, quiet environment):

Narration preference (surgical team to narrate procedure as they perform it):

I would like to wear a hospital gown / my own clothing (underline preference)

I would like the drape lowered or a clear drape during delivery so I can see my baby being born: YES / NO / UNDECIDED (underline preference)

I would like my birthing partner to be able to take videos or pictures: YES / NO / UNDECIDED (underline preference)

I am open / not open to having midwives, nurses, and doctors-in-training during my c-section (underline preference)

4. Pain management

Possible options (confirm with your healthcare provider):

- An epidural
- A spinal
- A general anaesthetic

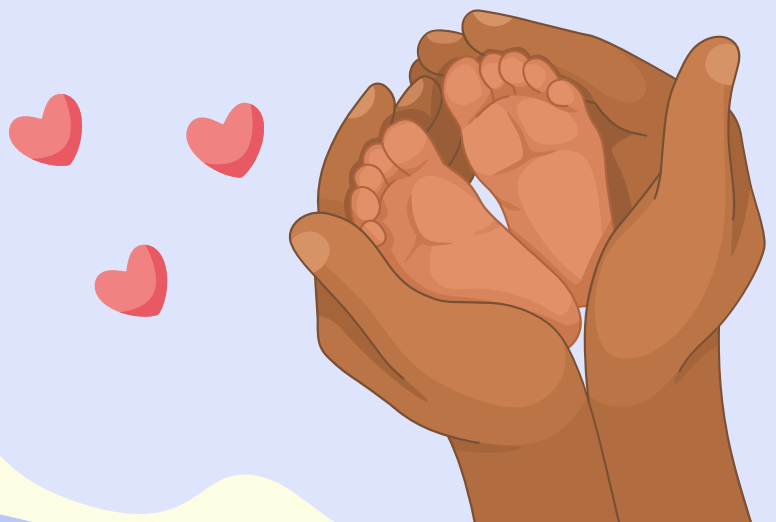
My preferred pain relief is:

5. Immediately after delivery preferences

I would like my partner to announce sex of baby: YES / NO / NOT RELEVANT
(underline preference)

Skin-to-skin contact preference:

Cord clamping preference (discuss delayed cord clamping options with your healthcare provider):



Cord blood banking arrangements (if relevant):

My birthing partner would like to / would NOT like to cut the umbilical cord
(underline preference)

Special requests regarding placenta (for example, keeping it or banking it):

6. Newborn care

I would like to feed my baby using...

My thoughts on bathing baby after birth (who, where, when):

My thoughts on routine newborn procedures (for example, : delayed/immediate, during skin- to- skin where possible, parent always present, use of sugar water):

- Vitamin K:
- Eye drops:
- Hep B:
- Newborn screening tests:

Rooming:

- I would like my baby to stay with me all of the time
- I would like my baby to use the nursery some of the time

7. Additional information

Special religious or cultural considerations:

Language considerations (for example, if you're not speaking your first language, you may require extra support):

Anything else important:

