



Birth Preferences

*We want you to feel in charge of your labor and birth.
If you have any preferences, please let us know.*

Name: _____

Partner/primary support person's name: _____

People to be present at your birth: _____

Due date: _____

Setting:

- | | |
|--|--|
| <input type="checkbox"/> Dim lighting | <input type="checkbox"/> Music (please bring your favorite CDs) |
| <input type="checkbox"/> Peace and quiet | <input type="checkbox"/> My own clothes <input type="checkbox"/> hospital gown |
| <input type="checkbox"/> Door shut | <input type="checkbox"/> No visitors <input type="checkbox"/> visitors |
| <input type="checkbox"/> TV on <input type="checkbox"/> TV off | |

Mobility:

We encourage you to move around and be active during your labor. If an epidural is used, you will be confined to the bed.

- | | |
|--|--|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Birthing ball/rocking chair |
| <input type="checkbox"/> Choice of positions | <input type="checkbox"/> Tub/shower |

Pain management choices:

Hospital regulations require that we ask you to rate your pain level. You have many choices for getting through the discomfort of labor. We encourage you to discuss the options with your providers prior to labor.

- Physician/nurse-midwife to offer pain medication
- Prefer not to be offered pain medication unless I ask
- Natural methods: massage, hot/cold packs; aromatherapy
- I plan to use hypnobirthing
- I plan to use hydrotherapy: hot tub/shower
- IV narcotics
- Intrathecal
- Epidural

Labor and Birth:

Fetal monitoring:

National standards require that we do fetal heart monitoring for 20 minutes on admission, and to listen to the baby at least every 30 minutes during the first part of labor and every 15 minutes while pushing.

We encourage you to move around and be active during your labor. If your provider feels it is necessary to do continuous fetal monitoring, he or she will explain why.

- I prefer intermittent auscultation (listening to the baby every 30 minutes)
- I prefer continuous electronic fetal monitoring
- No preference

Amniotomy ("breaking the water"):

- I prefer this to happen naturally
- I prefer this to be done by provider

Pushing:

- I would like to choose position for pushing
- I would like to be coached by nurse/provider
- I would like to push according to my own urge

Perineal care:

- Episiotomy (surgical cutting of the perineum) is performed only if medically necessary*
- I would like warm compresses and massage of the perineum

Birth:

Research shows that newborn transition (breathing, staying warm and bonding) is benefited by skin-to-skin contact between mother and baby right after birth. Our practice is to place the baby with mom unless medically indicated.

- I would like the following people to be present at my birth _____
- I would like _____ to cut the baby's umbilical cord.
- Please delay routine infant weight, vitamin K injection and eye ointment for up to four hours to allow uninterrupted time with my baby.

Newborn Care:

The American Academy of Pediatrics recommends breast milk as the ideal food for infants. At FMH, our nursing staff includes many lactation consultants who will do everything they can to support you if you choose to breastfeed your baby.

- I plan to breastfeed
- I plan to formula feed
- I plan to use a pacifier (not recommended for the first two weeks of breastfeeding)

Circumcision:

- Many insurers no longer cover circumcision. Payment is necessary prior to the surgery if not covered by insurance.*
- I plan to have my son circumcised.

Induction of labor:

Induction of labor should be performed only when there is a medical reason involving either mother or baby. Your provider will discuss this with you if it becomes necessary.

Cesarean Section:

If a Cesarean is necessary, I would like the following people to be present in the operating room: _____ and _____.

Other requests:

At Franklin Memorial Hospital and Franklin Health Women's Care, it is our goal is to provide you and your family with the best possible birthing experience. Thank you for letting us know your preferences.