

~ MY BIRTH PLAN ~

PERSONAL INFORMATION

Name: Cynthia XXXXX (Cindee) **Birth Date:** 2-19-69 **Due Date:** 12-16-05
Where I plan to deliver: St. Luke's Meridian Medical Center **OB/GYN:** Dr. Harmony Schroeder
Primary Physician: Dr. Geoffrey Swanson **Pediatrician:** Dr. Geoffrey Swanson
Husband: James XXXXX (Jim) **Doula:** Kim XXXXX

PRENATAL GOALS

Limited testing
Avoid frequent cervical exams
Ultrasound only if medically necessary
Stripping of membranes only with my knowledge and consent
Any induction of labor only as a last resort

Regarding GBS:

I decline being tested for GBS
*If I present the following risks, I want the baby tested for GBS at birth and, if infected, given the necessary antibiotics
- I deliver before 37 weeks,
- My membranes are ruptured for longer than 12-18 hours before birth
- I develop a fever during labor

LABOR GOALS

Would like to photograph and video tape the birth
Induction of labor only with my consent
Artificial rupture of membranes only with my consent
No IV unless fluids are necessary

No epidural
No pain medication in an IV
Intramuscular pain meds only - unless otherwise requested
Pain medication of choice: Stadol
Use of Jacuzzi tub
Be given Stadol before entering tub

Would like to use birth bar if available
Would like to be able to drink water during labor if desired
No internal fetal monitor
Avoid frequent cervical exams
To be free of time limits and not have my labor augmented
Avoid episiotomy – prefer perineal support – would rather risk tearing

Wait until the umbilical cord stops pulsating before it's clamped and cut
Would like my doula to cut the cord
Would like to deliver the placenta unassisted
I want baby delivered to my abdomen (if the baby is fine)
I want to breastfeed my baby as soon as possible

WISHES FOR THE BABY

*Test baby for Group B Strep if indicated by conditions stated in Prenatal Goals
I will breastfeed exclusively
I will breastfeed on demand
No formula or sugar water
A pacifier is o.k.
A boy is to be circumcised
Baby to room-in when I'm awake