



Birth Plan: Checklist Style

Fill out this page according to your own wishes for your birth. Keep in mind that you might not be able to follow every wish on this page depending on hospital policy or if complications arise during your labor. Share your plan with your support team, practitioner, and labor nurse.

My Name: _____

Due Date: _____

Labor Companions: _____

Healthcare Provider: _____

Labor

- Dim Lighting
- Quiet
- Play Music
- Wear my own clothing
- Bring things in from home like blankets or photos
- Aromatherapy scents
- Video/photos taken by _____

Mobility

- I prefer to maintain all mobility, including walking and changing positions.
- I prefer to be able to move around in bed only and get up to use the bathroom.
- Mobility is not important to me, and I understand that if I get an epidural I may be confined to bed and need a urinary catheter to go to the bathroom.

Hydration and Nourishment

- I would like to eat light snacks and drink clear fluids whenever possible during labor.
- It would not bother me to have an IV for hydration if necessary.
- I prefer a saline lock if the placement of an IV is required by my hospital, but no fluids or medication are needed during my labor.

Monitoring

- I prefer my baby to be monitored as minimally as possible.

- I would like as much monitoring as possible.
- I prefer a method that allows me to remain mobile.
- Fetal monitoring in bed is fine with me.

Pain Relief

Nonmedical Options

- Relaxation
- Changing positions/walking
- Visualization
- Massage
- Fitness ball
- Breathing
- Tub/shower
- Hot and cold packs

Medical Options

- Analgesic
- Epidural anesthesia
- I prefer that pain medication only be offered to me at my request.

Augmentation

Methods to Speed Up Labor

If my labor slows down, I would:

- First like to try nonmedical methods like walking and using upright labor positions.
- Prefer that my practitioner breaks my bag of waters.
- Prefer that my bag of waters breaks on its own.
- Not mind having an IV of Pitocin and understand the benefits and risks involved.
- Prefer to receive an IV of Pitocin only after all other methods are tried, and only if medically necessary.