

Sample Birth Plan

A sample birth plan is below. We encourage you to speak with your doctor about your birth plan. You may fill out this sample or visit ghs.org/stork to find a birth plan.

Birth Preference for the _____ family

Mother's name: _____ Partner's name: _____

Preferences during labor and delivery:

During labor, I prefer the birthing room to have

- _____ Dim lights
- _____ Peace and quiet
- _____ Music of my choice

I prefer

- _____ To move around
- _____ Moving around is not important to me

I prefer

- _____ Intermittent fetal monitoring (we must document fetal heart tones every 15-30 minutes in labor and every 5-15 minutes during pushing)
- _____ Ongoing fetal monitoring

For pain relief, I prefer

- _____ Non-medicinal options (massage, walking, changing positions, shower, relaxation techniques)
- _____ IV pain medications (brand names such as Stadol, Nubain, etc.)
- _____ Epidural upon request

During delivery, I prefer

- _____ Spontaneous pushing
- _____ Directed pushing (pushing at certain times as directed by labor coach/nurse)
- _____ To use people for leg support
- _____ To use foot pedals
- _____ To use stirrups

_____ I prefer no episiotomy unless medically necessary (usually done when it is necessary to speed up delivery because your baby is not tolerating the birthing/pushing experience).

_____ I prefer to avoid the use of forceps/vacuum extractor unless medically necessary.

During delivery, I prefer to have the following people present:

1. _____
2. _____
3. _____

Preferences for Baby's Care:

After delivery, I prefer

- _____ Immediate cutting of the cord
- _____ Delayed cutting of the cord (after it stops pulsating)
- _____ My partner (or other family member) to cut the cord

Immediately after delivery, I prefer

- _____ My baby to be placed directly on my chest (as long as my baby is doing well)
- _____ My baby to be assessed and cleaned before being given to me

I plan on

- _____ Breastfeeding (and prefer that my baby get no pacifiers or bottles)
- _____ Bottlefeeding

If my baby is a boy, I prefer

- _____ No circumcision
- _____ Circumcision