

BIRTH PLAN: Insert Names Here**Note: To the staff of BC Women's Hospital:****INTRODUCTION:**

Thank you for supporting me today. I arrived with my husband, our trusted midwife and a very experienced Doula. My understanding is that all three of them will remain with me throughout the birth process. I request that all hospital staff please communicate directly with my midwife and my husband, who will then communicate with me directly. My primary focus will be on my own body and my child. I request that only essential hospital staff be involved, which excludes students or observers of any kind.

IMPORTANT PRINCIPLES FOR ME:

- ❖ Uninterrupted access to my three primary support people (midwife, doula, husband)
- ❖ Access to food and drink as I need it
- ❖ Freedom to move my body as I need to
- ❖ The lowest, softest lighting possible
- ❖ The minimum amount of dialogue. I kindly request any lengthy conversations occur outside the birth room.
- ❖ A minimum of cervical examinations – preferably only to be conducted by our midwife
- ❖ To discover the sex of our child rather than have it be revealed by medical staff

PAIN MANAGEMENT:

I have had very adverse reactions to codeine-based pain medications. Upon suggesting medical interventions for pain management, please explain the rationale and alternatives.

IN THE EVENT THAT LABOUR IS STALLED:

Prior to introducing medical interventions to advance labour, my intention is to:

- ❖ spend time alone with my husband
- ❖ move my body and explore different positions & breathing
- ❖ drink some fluids and eat some food

IN THE EVENT OF A BIRTH BY CESAREAN SECTION:

My intention is for this birth to occur by cesarean ONLY in the event of an acute medical emergency.

- I may request that the sheet be lowered to view my child being born.

-I kindly request my arms not be strapped down during the procedure.

-I request that voices be kept to a minimum volume to maintain a calming environment.

-If in practice, please swab my vaginal fluid and transfer it onto my child's skin after the surgery (microbiome).

-I would like all newborn procedures/measurements to be performed with the baby on my chest.

-In the emergency event that my child needs to be removed from my presence, I request skin-to-skin contact be established FIRST with me, even if just for a moment, and then with my husband.

-In the event that separating my child from me is required, my husband will go with our child, and our attending Doula will remain with me.

DELAYED CORD CLAMPING: Our request is that the umbilical cord be clamped only once it has stopped pulsing, or a minimum of six full minutes, barring any medical emergency.

AFTER BIRTH CARE:

My request is that, as soon as possible, skin to skin contact be established and maintained between my child and I, and not interrupted unless in the event of medical emergency. No bathing or swaddling will be required.