

The birth of your baby should be one of the most memorable, life-changing and joyful experiences of your life. You will want to spend time thinking through the details of your hopes and desires for this special event. Starting with a journal, write down as many of your thoughts and plans for the upcoming birth as you can. Your journal will help you establish priorities and provide a list of ideas to help you create a birth plan.

A birth plan is a simple, clear, statement of your preferences for the birth of your child. Providing your midwives with a copy of the plan will assist us in reviewing hospital policies with you and give us the opportunity to resolve issues before the big day. Because there are so many aspects of birth to consider, it is best not to wait until the last minute to put your plan together. The plan will be faxed to Bergan with your prenatal record, so that everyone directly involved in the birth will better understand how to meet your needs. The plan will provide an effective avenue for discussing important details with those responsible for supporting and caring for you.

Try to remain reasonably flexible in your desires because things don't always go according to plan. Remember that the important thing is the safe birth of your little bundle of joy. Keeping that goal in mind, the following points can serve as a guide for your desires.

Guiding Hands Midwifery

We look forward to the birth of your baby!

Jenda and Lydia

Additional Notes:

What to pack: You can wear your own clothes or a hospital gown or nothing at all during labor. Some women like to wear a swimsuit top in the shower/Jacuzzi, this also unties easily when it is time to dry off. We always encourage you to be active during your labor, so tennis shoes and a robe are helpful. You can bring your own pillows, blankets, or music. Most women find it beneficial to bring their breastfeeding pillow to the hospital. Consider your partner: Snacks, toothbrush, change of clothes and gum may be necessary supplies!

Call the office number before heading to the hospital 402-884-6400, choose option 1 so you speak with someone directly (don't leave a message on our back phone). If you are calling after hours, listen to the verbal commands and you will be connected with the Midwife on-call. Option 3

Birth Plan

Mother's name _____
Partner's name _____
Baby's name _____

Before Labor Begins

The following are classes and books I have read to prepare for my birth.

____ As long as the baby and I are healthy and the pregnancy low-risk, I would like to go past my due date before considering induction of labor. I understand that fetal testing is required at 41 weeks, and twice weekly thereafter.

Environment

____ It is ok if students are involved in my care. At Bergan Mercy you may be asked whether one, medical student, midwifery student, or nursing student can participate in your care. It is a great way for them to learn about midwifery care and the normal birth process. However, this decision is up to you. In the event of a medical complication that requires physician management, residents will be involved along with the attending physician at the time.

I request the following people to be present during my labor and birth

#1 _____
#2 _____
#3 _____

If birth equipment are available, I would like to use (check all that apply)

____ Birthing Ball
____ Shower
____ Tub
____ Squatting Bar
____ Birth Seat

Miscellaneous environment items (check all that apply)

____ I would like to have dimmed lights
____ I would like for people entering the room to speak softly
____ I would like to bring and play music
____ I would like no one to speak during the birth
____ I would like to wear hospital clothing during labor and birth
____ I would like to wear my own clothes during labor and birth
____ I would like to bring and wear headsets during my labor and birth
____ I would like to have my birth photographed

Comfort measures

- I would like to walk and move around during labor as much as possible
 I would like to use massage and plan to bring lavender or other oils for this use
 I would like to use breathing techniques
 I would like to use the shower for relaxation
 I would like to be submerged in the tub to assist with relaxation
 I would like to try nitrous oxide (laughing gas) to help me relax if necessary
 Please do not offer pain medications. I will ask for them if I need something
 I would like to use IV pain medications when possible, please suggest this when the timing is right
 Please suggest pain management options for me as soon as possible
 I would like to have an epidural when I am in active labor
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Second Stage of Labor (Pushing Stage)

I would like to be encouraged to try the following different positions of labor (check all that apply)

- Squatting
 Classic semi-recline
 Hands and knees
 Birth Seat (Bergan only)
 Standing upright
 Side lying
 Whatever feels right at the time
 It is important to me to push instinctively. I do not want to be told how or when to push
 Please tell me when to push

Birth

- I would like to view the birth using a mirror
 I would like to touch my baby's head as it crowns
 I would like to reach down and guide my baby onto my abdomen as it is born
 I would like the room to be totally quiet when the baby is born
 The gender is a surprise _____
 I prefer to have the lights dimmed for delivery, or if it is daylight, to access only natural light
 Regarding an episiotomy, I am hoping to protect the perineum and would like to avoid an episiotomy. I am practicing ahead of time by:
 - squatting
 - doing kegel exercises
 - perineal massage I would appreciate guidance in when to push gently and when to stop pushing so the perineum can stretch
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After the Baby is Born

Bergan nurses support “The Sacred Hour”. This means that if your baby is without any special needs immediately following birth, it will not be taken from your chest for assessments for one hour! You will be able to breastfeed and snuggle during this time and assessments will be done while you are holding your baby!

- _____ It is routine for us to wait for the umbilical cord to stop pulsating before it is clamped.
 _____ Please ask _____ to cut the umbilical cord
 _____ I would like to take home my placenta and will bring a small cooler to put it on ice.
 _____ I am planning on doing Cord Blood Banking and will bring my kit to the hospital

Newborn Procedures

- _____ If the baby has any problems, I would like my partner to be present with the baby at all times, if possible
 _____ In the first few hours after birth, I understand it is routine for my pediatrician to order antibiotic eye ointment, a Vitamin K injection, and the 1st Hepatitis B vaccine
 _____ I do NOT want antibiotic eye ointment to be given to my baby and I will sign a formal waiver
 _____ I do NOT want the routine injection of vitamin K given to my baby and I will sign a waiver
 _____ I do NOT want my baby to receive the Hepatitis B vaccine and will sign a formal waiver
 _____ I would like my baby boy to be circumcised (this is done in the nursery, where visitors are not allowed.) If you choose circumcision, your son MUST receive vitamin K
 _____ My pediatrician will do the circumcision
 _____ Please help make arrangements for circumcision
 _____ I do NOT want my baby boy to be circumcised
 _____ My baby is to be exclusively breastfed
 _____ My baby is to be formula fed exclusively using _____
 _____ I would like to see a lactation consultant as soon as possible
 _____ Please show me where I can watch my baby while it has the hearing screening test done in the nursery.

Pacifiers will not be offered without your consent. Formula is only given as medical treatment for a low blood sugar. We have appreciated that Bergan’s “Sacred Hour” of breastfeeding has almost eliminated this issue!

Hospital Stay

Nebraska State Law requires that all newborns have a blood test drawn for metabolic disorders. The baby must be at least 24 hours of age when this testing is done. For this reason, most mothers stay at least 24 hours.

- _____ I prefer to stay the typical 2 nights for a vaginal birth, 3 nights for c/s
 _____ I prefer to leave the hospital after 24 hours
 _____ I prefer to stay less than 24 hours
 _____ If available, I would like to have the Queen sized bed in my postpartum room at Bergan