

Birth Preferences:

I understand that labor and birth are unpredictable and ultimately want the health and safety of both the baby and I to take precedence. In all non-emergency situations, all proposed procedures are to be discussed (benefits and risks) so I can direct the decision making with informed consent. *Your help with these preferences is very much appreciated.*

Labor:

- I would like to have as natural a labor as possible – including freedom of movement, use of a birthing ball, use of the bathtub, intermittent monitoring and clear liquids as tolerated.
- I plan on a calm and relaxed labor process. I would like the room to remain very serene without the presence of loud voices, disruptions or multiple visitors. During labor the only people I would like in the room in addition to limited medical staff are: my husband, mom, dad, brother and sister.
- Please accept my request that pain medication **not** be offered to me. For many reasons – personal and medical – I’m striving for an un-medicated labor and delivery. If I eventually want pain medication or an epidural, I’ll be the first to ask for it and understand that options change as labor progresses.
- If labor is not progressing, I would like to try non-pharmacological methods before resorting to medication. However, if my midwife and I agree that Pitocin is required, I request that it be administered following the low does protocol, allowing my body an appropriate amount of time to adjust and react to each dose increase.

Birth:

- I would like the birth process to be as calm and relaxed as possible, with as few medical staff in the room as possible.
- Prior to an episiotomy I would like to be consulted and would like to make the final decision.
- I would like to have the baby brought to my chest immediately for skin-to-skin contact and initial procedures.

If Cesarean is Required:

- As health permits, I would like skin-to-skin contact with the baby, to stay together during repair and recovery and to breastfeed during the initial recovery period.
- I would like my husband to remain with me at all times prior to, during and after the procedure. If my husband has to leave the operating room with the baby for any reason, I would like my mom to take his place immediately.

Baby Care:

- We would like to spend as much time as possible with our baby after birth before she is taken off for procedures and will be breastfeeding, so please refrain from giving bottles.
- As health permits, I would like to be present for all initial testing and for her first bath. I would like her to remain in my room as long as possible. My husband will accompany her at all times when leaving my room.

We Appreciate Your Support. Thank You!