

DUE DATE:

EDEN WOMEN'S HEALTH

DATE:



My Birth Plan

Basic Information

My preferred name:

My Partner's name:

My Doctor's Name:

My Baby's Sex

☐ Male ☐ Female

☐ Surprise

Who I want in the room with me during labour

Name:

Relationship:

Doula (if applicable):

My delivery is planned as:

☐ Vaginal birth

☐ Caesarean birth

☐ VBAC (Vaginal birth after Caesarean)

I have:

☐ Never given birth

☐ Had a vaginal birth before

☐ Had Caesarean Before

Health details: I have

☐ Group B Strep

☐ Rhesus negative Blood type

☐ Previous birth trauma/
vaginismus/ prior assault

☐ A fear of needles

☐ The following allergies:

Baby's Health concerns:





Labour & Birth Preference

Environment

I WOULD LIKE:

- ☐ The lights dimmed
- ☐ My music playlist
- ☐ My essential oils (I will bring them)
- ☐ My birthing ball (I will bring this)

In Labour

I WOULD LIKE TO:

- ☐ Try different birthing positions
- ☐ Avoid an episiotomy unless it is medically necessary
- ☐ Use a mirror to see my baby being born (I will bring my own)/ feel my baby's head crown

Coping with pain

I WOULD LIKE TO:

- ☐ Labour without any pain meds medications
- ☐ Use nitrous gas
- ☐ Use IM pain medication
- ☐ Have an epidural
- ☐ Wait and see

After Birth

I WOULD LIKE:

- ☐ for cord blood banking
- ☐ to keep the placenta

If a Caesarean is Necessary

Our priority is to ensure that both you and your baby are protected in labour. In the case of an emergency, we may not have the time to discuss your preferences whilst we act quickly in the interest of you and your baby's health. When a Caesarean birth is planned, we will follow your wishes as much as it is safe to do so.

IN THE EVENT OF A CAESAREAN BIRTH, I WOULD LIKE:

- ☐ The drape to remain in place and to be shielded from the operation field
- ☐ For the baby to be lifted up so I can see my baby once s/he is delivered
- ☐ Skin-to-skin contact with my baby as soon as it is safe to do so