

BIRTH OPTIONS MENU

ONSET OF LABOR

Spontaneous
Alternatives

*Acupuncture**
*Chiropractic**
Acupressure
Nipple stimulation
*Herbs/Essential Oils**

Medically Induced

Sweeping Membranes
Foley Catheter
Cytotec (Misoprostol)
Cervadil/Prepadil
Pitocin
Amniotomy

CLOTHES

Own clothing
Hospital Gown

EMPTY BLADDER

Walk to toilet
Bedpan or Commode Chair
Catheterization

MONITORING

None
Feta scope
Handheld doppler
Intermittent
Continuous
Internal

PAIN RELIEF

Epidural
Offer Please
Only if I ask

Narcotic
Offer Please
Only if I ask

Sterile Water Injections (for back labor)

RELAXATION TECHNIQUES

Vocalization
Relaxation
Breathing
Imagery/Visualization

HYDRATION

Drinking Fluids
Ice Chips
IV Fluids

FOOD

Snacks as desired
Honey Sticks/Popsicles
None

COMFORT MEASURES

TENS Unit
Hot/Cold Packs
Water - *Shower/Bathtub/Compresses*
Massage
Aromatherapy
Doula Support
Lighting
Music/Sound Machine

POSITIONS

Walking
Lunging
Sitting
Rocking
Standing
Pelvic Rocking
Dangle
Back-to-Back
Hands & Knees/Knee Chest
Squatting
Toileting
Leaning over bed
Birth Ball

SPEED UP LABOR

Patience/Nothing
Nipple stimulation
Position changes
Break amniotic sac
Pitocin

PUSHING

Spontaneous
Directed
Prolonged
Varying
positions Mirror
No "coaching"
Passive Descent

DELIVERY POSITION

Semi-lithotomy/Semi-sitting
Side-lying
Hands and Knees
Squatting Standing
Mom or Dad
"catches"
In water

PERINEAL CARE

Massage
Warm Compresses
Slow Crowning/Delivery
Episiotomy
Prefer tear to episiotomy

CUTTING CORD

Partner or Mother
Doctor/Midwife
Delay for _____ minutes
Lotus

BABY'S WARMTH/ASSESSMENTS

On mother
In warmer
Warmer if medically indicated

IMMUNIZATIONS

(Eye Ointment, Vitamin K, Hepatitis B)
Immediately
Delayed
Decline

CESAREAN

Partner present/Doula present
Epidural/Spinal
At least one arm free Lower sterile
drape to view delivery Skin to skin in
OR and recovery
Breastfeed in OR and recovery
Infant with mother in OR and
recovery Describe events
Video/Pictures
No bathing or dressing of baby Initial
wipe down towel given to mom for
smell/fluid transfer Environment
Special Music
Aromatherapy

ROOMING IN

24 hour with mother
Nursery at mother's request
Partner rooming in

FEEDING

Breastfeed
No bottles/pacifiers/formula
Medically necessary pumped milk
Finger feed/Syringe
Formula

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Birth 2011

Adapted from Jennifer Vanderlaan

*speak to your care provider. Only under supervision
of alternative healthcare provider





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10 Tips to Writing your Birth Preferences

- #1 DO keep it short, simple, and easy to understand.
- #2 DO keep the language assertive and clear.
- #3 DO use your preferences as an impetus for doing your own personal research about your preferences for childbirth.
- #4 DO include your fears, concerns, and helpful things for others to know that could affect your labor, delivery and/or birth.
- #5 DO review your preferences with your care provider and make sure they read and understand it and are onboard as long as situations permit.
- #6 DO make your preferences are personal and DO make sure that you understand and can elaborate on everything in the birth plan if asked. DO your research.
- #7 DO look at examples of great birth plans online to get some ideas.
- #8 DO run through scenarios in your mind about how labor could unfold and actually talk these scenarios out with your labor companions and doula (or perhaps even your childbirth educator or care provider too!)
- #9 DO try to treat researching and birth preference writing as a fun and exciting experience, not a chore!
- #10 DO remember to bring your birth preference paper to the hospital.

One example is an outline using bullet points.

State your name and who your birth team is that will be laboring with you.

Our Goals (Pain management, Environment, etc.)

- Preference 1
- Preference 2
- Preference 3

In case of unexpected situations or emergencies

- Preference 1
- Preference 2
- Preference 3

Newborn Care

- Preference 1
- Preference 2
- Preference 3

Another Example is visual preferences

Visual can be nice as it is quick and easy to discern what mama would like. Here's are a couple links for how to customize one for yourself.



<https://www.mamanatural.com/visual-birth-plan/>



<https://thebestseasonofmylife.wordpress.com/tag/birth-plan/>