



birth plan

HSHS Sacred Heart Hospital Women and Infants Center

Name: _____

Doctor: _____

Baby's Provider: _____

My Coach Will Be: _____

My Support Person(s) Will Be: _____



Whenever possible we will try to follow your birth plan. Certain circumstances may affect the safety of you or your baby in which your birth plan may not be followed.

During labor I would like to... (select any that apply)

- remain mobile
- have dim lighting in the room
- use various positions
- listen to music (*Bluetooth speakers/surround sound*)
- shower/bathe
- use the labor ball or peanut ball
- use the birthing hammock
- use the labor/birthing tub
- use essential oil inhalers
- use heating/cooling options (*heated rice sock, fan*)
- limit visitors (specify) _____

My choices regarding pain relief during labor...

- non-medical interventions (relaxation, shower, tub, repositioning)
- nitrous oxide
- IV pain medication
- epidural analgesia
- please offer pain relief options only if I ask
- offer pain relief options if I appear uncomfortable
- offer pain relief options as soon as possible



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Vaginal delivery options...

- waterbirth (*must have education, specific lab work and signed documentation prior to hospital admission*)
- my support person to cut the cord
- the baby placed skin-to-skin after delivery
- the following people present _____

In the event of a C-section I would like...

- my support person in the operating room
- the baby placed skin-to-skin after delivery
- my support person to hold the baby in the operating room

After delivery I would like...

- delayed cord clamping
- delayed bathing
- ice pack to perineum
- to breastfeed immediately
- to have my baby in my room
- visitors only upon request

Please list any other special requests you have during your stay with us at HSHS Sacred Heart Hospital's Women and Infants Center:

Other amenities

In room:

- Microwave
- Refrigerator
- Blanket warmer
- Private shower
- Infant care items

Unit features:

- Snack room
- Quiet hours from 1 - 3 p.m.
- Spiritual Care visit
- Lullaby played hospital-wide to announce your baby's birth
- Lactation support during and after hospitalization if desired