

Your Name \_\_\_\_\_ Spouse/partner's name \_\_\_\_\_

Others to be present during labor/birth \_\_\_\_\_

Childbirth preparation/education method \_\_\_\_\_ Doula/birth partner \_\_\_\_\_

Every woman has expectations about her childbirth experience. We are interested in your personal *preferences* and want to help you achieve the kind of experience that you want while keeping you and your baby (babies) safe. Our goal is a healthy mother and baby and the labor & delivery team at Frederick Health encourages you to be involved in your plan of care.

**Please indicate your preferences by checking the appropriate items.**

**I would like to:**

- Wear my own clothes
- Wear a hospital gown
- Have my partner take pictures and/or video
- Play music
- Keep the lights dimmed
- Have staff limited to my own doctor and nurses (no students present)
- Other:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Take my placenta home with me. I realize that I will need to bring a cooler and sign a consent.
- Other:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Newborn Options**

- I plan to breastfeed exclusively
- I plan to bottle feed
- I plan to both breastfeed and bottle feed
- I plan to pump and provide breastmilk via a bottle
- My baby may have a pacifier if needed
- If my baby is a boy, I plan to have him circumcised
- I plan for my baby to receive erythromycin eye ointment
- I plan for my baby to receive the Vitamin K shot
- I plan for my baby to receive the first Hepatitis B vaccine
- I prefer to discuss the Hepatitis B vaccine with my pediatrician at the office
- Other:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**During the first stage of labor, I:**

- Want to walk and change positions
- Am interested in using the shower or tub
- Would like to labor naturally without pain medication
- Would consider IV medications for pain relief
- Would consider epidural anesthesia
- Would prefer not to be asked about pain. I will ask for medication if needed
- Would prefer my water to break naturally
- Other:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**During pushing and birth, I would like to:**

- Try various positions for pushing
- Use a mirror to see the baby's head crowning
- Have delayed cord clamping longer than standard 30 seconds
- Have cord blood/tissue collection, I will bring my own kit
- Have the baby cleaned before skin-to-skin contact

**If Cesarean section is medically indicated, I would like:**

- The umbilical cord is left long so that my partner may cut the cord on the warmer
- Skin-to-skin with partner next to mother
- Other:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_