

Birth Preferences

Glacial Ridge Hospital

We are excited to be able to share your upcoming birth experience with you. To help make your experience comfortable, please let us know your wishes and desires. Please check your preferences below. Feel free to list additional ideas of what you would like and we will try to meet your wishes as best as we can.

Name: _____ Provider: _____

DESIRED BABY PRIMARY CARE PROVIDER: _____

LABOR (choose as many as you would like.)

- Besides my coach, I wish to have additional support people present during my labor and delivery.
- I wish to have one of my support people take pictures and videotape.
- I would like to be free to walk around during labor.
- I wish to be able to move around and change position at will throughout labor.
- I would like to be able to eat and drink fluids by mouth throughout labor.
- I would like the environment to be kept as quiet as possible.
- I would like the lights in my room to be kept low during my labor.
- Other: _____

MONITORING

- I would like to be monitored as the nurses and doctors recommend.
- I would like to be monitored as little as possible.
- Other: _____

LABOR AUGMENTATION / INDUCTION

- I do not wish to have my amniotic membrane ruptured artificially (water broke) unless signs of fetal distress require internal monitoring.
- If labor is not progressing, I would like to have the amniotic membrane ruptured (water broke) before other methods are used to augment labor.
- I would prefer to be allowed to try changing positions and other natural methods such as walking before medications are administered.
- Other: _____



ANESTHESIA / PAIN MEDICATIONS (including IV pain medications & epidural)

- I would like to deliver without the use of pain medications.
- I will ask for pain medications if I need them.
- I would like to use nitrous oxide, which is a minimal intervention option.
- Before considering an epidural, and if the situation warrants, I would like to try IV pain medications.
- I would like to have an epidural.
- Other: _____

CESAREAN SECTION

- I would like to use a clear drape during my cesarean section to be able to see the birth of my baby.
- If my baby is not in distress, I would like to have my baby placed on my chest after delivery.
- I would like to have a delayed cord clamping.
- Other: _____

DELIVERY

- I would like to be allowed to choose the position I give birth in.
- I would like to try a Water Birth in a birthing tub if the attending provider offers this service. (Not all providers do water births.)
- I would like my coach and/or nurses to support me and help support my legs as necessary during the pushing stage.
- I would like a mirror to view my baby being born.
- I would like the chance to touch my baby's head when it crowns.
- Even if I am fully dilated, and assuming my baby is not in distress, I would like to try and wait until I feel the urge to push before beginning the pushing phase.
- I would like to have my baby placed on my stomach/chest immediately after delivery.
- I would like to have a delayed cord clamping.
- Other: _____

IMMEDIATELY AFTER DELIVERY

- I would like to have my coach cut the cord.
- My coach does not wish to cut the cord.
- If my baby is not in distress, I would like to breastfeed right after delivery, before any medical procedures are done (medications, weight).
- If my baby must be taken from me to receive medical treatment, I would like my coach or some other person I designate to accompany my baby at all times.
- I would like to see the placenta after delivery.
- Other: _____



BREASTFEEDING

- I plan to breastfeed my baby and would like to begin nursing very shortly after birth.
- Unless medically necessary, I do not wish to have any bottles given to my baby.
- I do not want my baby to be given a pacifier.
- I do not plan to breastfeed my baby.
- Other: _____

BABY CARES

- I would like to have my baby room in and be with me at all times.
- Unless required for medical reasons, I do not wish to be separated from my baby.
- I will ask if I want my baby brought to the nursery so I can rest.

BABY BATH:

- I wish to give my baby a bath as soon as possible after birth.
- I wish to wait until the next day to give my baby a bath.
- I do not desire a baby bath while we are in the hospital.

MEDICATIONS GIVEN TO BABY AFTER BIRTH:

Vitamin K:

Vitamin K is a fat-soluble nutrient that helps our bodies with blood clotting. We need the blood to clot to prevent bleeding and strokes in newborns. Babies have very little vitamin K in their bodies at birth. This puts them at risk for dangerous bleeding problems. Fortunately, it's easy to prevent bleeding with a vitamin K shot given in your baby's thigh after birth. The vitamin K from the injection is stored in your baby's liver and released slowly over months. This gives your baby the vitamin K they need until they can start getting it from solid food and making it themselves. This is not a vaccine. If you have any questions or concerns, be sure to talk to your Provider. They can help you weigh the benefits and risks.

Hepatitis B Vaccine:

Newborns need the hepatitis B vaccine soon after birth. That's because they could be unknowingly exposed to the virus during labor or shortly after coming home. Other family members or caregivers can give hepatitis B to newborns. People often don't know they are infected with the virus because they may look and feel healthy. Children infected at birth and in early childhood are much more likely to get chronic hepatitis B than adults. The majority (90%) of infants infected at birth develop chronic hepatitis. That's why babies benefit most when they get the vaccine early, within the first 24 hours of life.

Erythromycin Eye Ointment:

This antibiotic eye ointment is placed in a newborn's eyes after birth. We use this to protect babies from getting a bacterial eye infection that was passed from mother to baby during birth. Untreated, this infection can cause serious problems including blindness.

- I would like my baby to get routine medications after birth.
- I decline routine medications after birth.



CIRCUMCISION

- I do not wish to have my baby circumcised.
- I would like to have my baby circumcised before we leave the hospital if available.
- I would like my baby circumcised in the clinic after discharge.
- I am aware that if I do not give my baby Vitamin K after delivery I will need to wait 10-14 days before having my baby circumcised.

OTHER INFORMATION YOU WOULD LIKE US TO KNOW

