

This worksheet is designed to help you organize your thoughts about various options while you plan for giving birth. Use this list to help you investigate your options and keep track of which ones are best for your labor. You do not need to include everything in a written birth plan, only include those issues about which you have a preference. You can go into as much or as little detail on your birth plan as you desire.

#### Starting or Speeding Labor

- Spontaneous  Up to 42 weeks  Beyond 42 weeks
- Self induced  Walk  Enema  Castor Oil  Nipple Stimulation  Accupressure
- Medically induced  Prostaglandin gel  IV Pitocin  Amniotomy  Cytotec

#### Monitoring Labor

- Intermittent  Fetoscope  Doptone  External Monitor
- Continuous  External Monitor  Internal Monitor

#### Hydration

- IV Fluids  Heparin Lock  NPO (No liquids by mouth)
- Clear Liquids  Popsicles  Ice Chips  Lollipops  Broth  Water  Apple Juice
- According to Thirst  Limited to clear liquids  No limit

#### Pain Relief

- Relaxation Techniques  Breathing  Imagery/ Visualization  Focal Point  Massage  Vocalization
- Narcotic  Only if requested  Offer as soon as possible
- Epidural / Spinal  As soon as possible  When requested  "Walking" or light administration

#### Comfort Items and Techniques

- Environment  Lighting  Temperature  Sounds/Music  Fresh Air  Own clothing/bedding
- Water  Labor Tub  Birth Pool  Shower
- Massage Tools  Tennis Ball  Rolling Pin  Heating Pad  Ice Pack  Lotion

#### Positions

- Upright  Walking  Lunging  Leaning on wall/person  Sitting on ball  Rocking Chair
- Hands and Knees  With Ball  On Bed  Pelvic Rocking  Chest to Floor
- Reclining  On side  Recliner Chair

#### Pushing

- Positions  Squatting  Standing  Hands and Knees  Reclining
- Duration  Spontaneous  Directed  Prolonged
- Perineal Care  Support  Massage  Compresses  Positioning  Episiotomy

#### Cesarean

- Support  Partner  Doula  Family Members
- Anesthesia  Epidural  Spinal  General
- Environment  Describe Events  Video/Photos  Baby and mom together for recovery

#### Baby Care

- Cord Cutting  Partner  Mother  Family Members  Wait until stops pulsing
- Temperature Regulation  Mother's Abdomen  Warming Unit
- Newborn Care  Delay Procedures  Vaccinations  Circumcision  First Bath  Copy of Footprints
- Nursery  Rooming In  Partner Rooming In  Nursery on Request  Pacifier / Bottle