

Sample Birth Plan for My Partner and My Doula

- I want to avoid having the doctor strip or sweep my membranes unless I'm facing an imminent induction. Please remind me of this if I forget.
- I want to avoid being induced unless there's a legitimate medical reason.
- Help me labor at home as long as possible.
- Please make a yogurt and banana smoothie for the hospital when I'm in early labor.
- Please set up my fake candles in the labor room.
- Please keep the lights dim during labor both at home and at the hospital.
- Please set up my access to the music playlists we created.
- If I ask for an epidural, please remind me that I can labor in the shower for pain relief.
- I will bring my own clothes for labor. I will not be wearing a hospital gown.
- When they insert an IV when we get to the hospital, please be sure they put it in the top of my arm, above my wrist and below my elbow. **This is important!**
- I want to avoid Pitocin augmentation, if possible. I prefer nipple stimulation and intimate contact.
- I prefer artificial rupture of membranes to Pitocin if the baby is low and in a good position.
- I will sign a waiver so that I can eat and/or drink during labor when I'm hungry.
- I will want an explanation of pain relief alternatives.
- If I ask for an epidural I want you to _____ (see Epidural Agreement).
- I prefer wired vs. wireless monitoring.
- I prefer intermittent vs. continuous external fetal monitoring.
- I will not do breath holding (purple) pushing unless there's a medical emergency.
- I want to push in whatever position is most comfortable for me – not the supine position.
- NO perineal stretching or massage when I'm pushing. I want warm compresses instead.
- No episiotomy unless it's an emergency. I will do gentle pushing and warm compresses to avoid a serious tear.
- Vacuum extractor should only be used to reposition the baby, not to pull the baby out unless all other avenues have been attempted, including position changes and vacuum repositioning.
- I would like to avoid cord traction.
- If I have to have a surgical birth, I want my partner AND my doula in the OR.
- I want to delay cord clamping until after cord stops pulsating and becomes white and flat.
- Please remind the doctor not to milk the cord unless there is a true time constraint.
- I would like the doctor to do vaginal seeding if I have to have a surgical birth.
- Bulb suctioning is acceptable but I'd prefer to avoid it unless it's medically necessary, and not routine.
- **Absolutely NO routine deep suctioning of baby's airways if the baby is able to cry.**
- NO separation or interruption during the "golden hour" for weighing or other non-essentials.
- I want the baby to have as much skin-to-skin contact as possible for the first 18 hours, with me or my partner.
- I will waive the erythromycin in my baby's eyes **OR** I prefer that you wait until after baby's first feeding session.
- Please give the baby the Vitamin K injection when they are breastfeeding on my left breast **OR** I will waive the Vitamin K injection.
- I will be encapsulating the placenta or taking it home. No Formalin, please!