

Sample Birth Plan for a Surgical Birth

- PLEASE allow my partner **AND** my doula in the OR.
- Please delay cord clamping for as long as possible. 60 seconds is not enough.
- I would like the doctor to do vaginal seeding if I have to have a surgical birth
- Routine bulb suctioning is acceptable but I'd prefer to avoid it unless it's medically necessary.
- **Absolutely NO Routine deep suctioning of baby's airways if the baby is able to cry.**
- I want to be awake and clear headed when I go to recovery to breastfeed my baby. Please help me avoid any medication that will make me sleepy or drowsy.
- 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 breastfeeding 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 prefer my placenta to be kept intact and unmedicated so I can encapsulate it or take it home.