

Birth Options – What Are Your Preferences?

Setting Chosen for Birth

- Home
- Birth Center
- Hospital

Health Care Provider

- Obstetrician
- Perinatologist
- Family Practitioner
- Certified Nurse Midwife
- Registered Midwife

Education

- Hospital Childbirth Class
- Independent Childbirth Class
- Breastfeeding Class
- Postnatal Education Class
- Daddy Boot-camp
- Baby Care Class/Infant CPR
- Other _____

Others to be Present at Birth

- Partner
- Family _____
- Friend _____
- Doula _____
- Massage Therapist
- Other _____

Onset of Labor

- Spontaneous
- Induced
 - Acupuncture
 - Chiropractic
 - Nipple Stimulation
 - Herbs/Essential Oils
 - Sweeping Membranes
 - Foley Catheter
 - Cytotec/Misoprostol
 - Prostaglandin (prostin, prepadil, cervadil, dinoprostone)
 - Pitocin
 - Break Water

Non-Medical Choices For Early Labor

- Labor at Home
- Labor at Hospital
- Wear own gown
- Wear hospital gown
- Fluids
- Ice/Popsicles
- Food
- Aromatherapy
- Music
- Walking
- Shower
- Birth Ball
- Rocking Chair

Relaxation Techniques

- Vocalization

- Breathing
- Imagery/Visualization
- Focal Point

Non-Medical Comfort Measures

- Hot/Cold Packs
- Water
- Massage
- Aromatherapy
- Doula Support
- Music/sound machine
- Movement/Change Positions
- Sleep
- Hydration
- Food

Medical Choices for Early Labor

- Continuous Fetal Monitoring
- Intermittent Fetal Monitoring
- No IV or Heparin Lock
- Heparin Lock (Buff Cap)
- IV
- Vaginal checks limited to as few as possible
- Vaginal checks done per HCP/staff protocol
- Spontaneous rupture of Membranes
- Artificial rupture of Membranes
- Medications offered
- Medications not offered
- Epidural
- Narcotics

Speed Up Labor

- Patience/Nothing
 - Nipple stimulation
 - Position changes
 - Break amniotic bag
 - Pitocin
- ### Pushing
- Spontaneous
 - Directed
 - Prolonged
 - Varying positions
 - Mirror
 - No “coaching”
 - Passive Descent
 - Purple Pushing
 - Mom chooses birth position
 - HCP chooses birth position
 - Pictures
 - Video
 - Perineal Massage
 - Warm compresses
 - Episiotomy
 - Prefer to tear over episiotomy
 - Cord cut by _____
 - Delay cord Cutting
 - Lotus Birth

- Announce the sex of baby _____
- Baby placed on mom’s chest immediately
- Baby handed to _____ then handed to mom
- Baby cleaned before given to mom
- Delay newborn procedures for one hour
- Placenta delivered without Pitocin

Baby’s Warmth/Assessments

- On mother
- In warmer

Eye Care/Immunizations

- Eye Ointment
- Vitamin K Shot
- PKU Test
- Glucose Test
- Hepatitis B vaccine
- Circumcision (with anesthesia)

Cesarean

- Partner present
- Doula Present
- Epidural
- Spinal
- At least one arm free
- Lower sterile drape for mom to view birth
- Breastfeed in OR
- Infant with mother in OR and recovery
- Doula with mom for repair
- Dad with baby at all times
- Describe events
- Video/Pictures
- No bathing or dressing of baby
- Initial wipe down towel given to mom for smell/fluid transfer
- Special Music
- Aromatherapy
- Only essential talk
- Only essential lighting

Rooming In

- 24 hour with mother
- Nursery at mother’s request
- Partner rooming in

Feeding

- Breastfeed
- Want Lactation Consultation
- No bottles/pacifiers/formula
- Formula
- Medically necessary pumped milk (Finger feed/syringe)
- Milk Bank

Special Choices

Birth Options – What Are Your Preferences?

- Save placenta
- “kit cord blood to be stored by:
- Post-partum doula