

# Birth Instructions

Patient's name \_\_\_\_\_

The following instructions are to be followed as long as mother and baby's well-being are not jeopardized by them

No routine prep (Enema, Shaving or I.V.)

Vaginal exams -Initial exam upon arriving and only when I ask to be checked after that.

Fetal Monitoring will be done with a fetoscope only, unless requested by my birth attendant.

Light food and clear liquids will be given if requested.

I want to control pushing with instructions on when not to push only.

Episiotomy - Perineal support and guidance of the baby's head to prevent superior tearing. I would prefer to be allowed to tear a small amount with an episiotomy performed only if the tear is going toward my clitoris or rectum

Forceps/Vacuum Extraction - Not to be used unless the baby's life is threatened.

Breaking/Stripping the membranes - Bag of water to be allowed to break on its own. If my labor stalls for an extended period of time, I would appreciate having this option first discussed with me.

Pain medication - during labor- Not to be offered. If I decide to use pain medication, I would prefer a fast action / short half-life general anesthetic, rather than an epidural. If repair work is necessary, I would appreciate a local anesthetic, after the cord has been cut.

Contraction inducing drugs (i.e.: Pitocin) - I would appreciate every step possible being taken to avoid the necessity of using this drug both before the baby is born, and for expelling the placenta.

3<sup>rd</sup> stage - Please allow the placenta to be expelled on its own, with no pulling or tugging.

Cutting the cord - Do not cut the cord until it has stopped pulsating. Also, please do not milk the cord to speed this process.

Suctioning - I do not want the baby's air passages suctioned automatically if it is attempting to clear them on its own (coughing, and sneezing).

This is an abbreviated list to be given to the LDR nurses in case your Dr. / CNM has not arrived. A more detailed list should be worked through ahead of time with your labor attendant and a copy should be in your file.

Always have extra copies of your birth plan and baby plan with you.