



Name
NHS Number

Your Baby's Birth Plan

Your birth plan gives you the chance to write down your own preferences for The birth of your baby. The birth plan also offers you some questions you may like to think about?

Labour companions

Who do I want with me In labour?
Partner? Family? Friends?
How do I feel about students at my baby's birth?

Monitoring the baby's heartbeat

How will this be done? When would continuous electronic monitoring be recommended?

Ways of coping with pain

What methods to consider: relaxation and breathing techniques, different positions, massage, water, complementary therapies, TENS, Entonox, injections (pethedine, meptazinol,diamorphine) or an epidural

Options for labour and delivery

What is available, cushions, birthing chair or a water pool? Do I want to try kneeling, standing or squatting? Do I want my baby delivered onto my stomach? Do I want to discover the sex of my baby myself? Do I or my partner want to the cut the cord? Do I want an injection to reduce the risk of heavy bleeding immediately after the birth?

After the birth

Providing all is well do I want my baby handed to me straightaway or cleaned and wrapped in a blanket first? Do I want to breastfeed soon after the birth? Do my partner and I want to spend time alone with our baby in the delivery room? Do I want vitamin K to be given to my baby? Why would my baby's blood glucose be tested? When are babies admitted to neonatal unit.

Slow progress in labour

Why might my labour be slow? Why might my waters be broken? Why might a syntocinon drip be suggested?

Induction

(This is when labour is started artificially)
Why might I be induced? How is it done?

Assisted delivery

(This is when you may need extra help to give birth to your baby.) When would an episiotomy (cut) be needed? When would ventouse (suction cap) or forceps be needed

Caesarean section

This may be planned before (elective) or decided on during labour (emergency) When might I need a caesarean section? Can I choose between being awake (epidural or spinal anaesthetic) or being asleep (general anaesthetic)? Who do I want with me?

Breech baby

Can my baby be turned before labour? Can I have a vaginal breech birth or will my baby have to be born caesarean