

# Kai 's Birth Plan

## Labor and Delivery

1. I am planning to labor at least partially in water. A water birth would be amazing, but am open to giving birth where and when my body decides.
2. I do not wish to receive any pain medication, including narcotics, epidural analgesia, spinals, and local or general anesthesia. I prefer natural pain relief and comfort measures for labor. No sterile water injections. Please do not offer.
3. I do not wish my provider to perform routine episiotomy during second stage labor and wish to avoid it completely.
4. I prefer minimal vaginal exams or I will decide during labor.
5. I prefer to eat and drink as hunger and thirst dictate throughout labor.
6. I prefer not to have my labor induced or augmented with artificial oxytocin or any other artificial, medical means unless an emergency dictates the need.
7. I do not wish to have my membranes artificially ruptured.
8. I prefer cord clamping be delayed until the cord stops pulsating.
9. I would like the option of a mirror or to touch my baby's head when it crowns.
10. I want skin to skin contact immediately and as much as possible until I have to move from the birthing pool.
11. I prefer spontaneous delivery of the placenta, without the use of Pitocin or force, but will accept Pitocin if needed for safety reasons.
12. I wish to **save my placenta** and have it encapsulated. I would also like to see my placenta after delivery.
13. I do not wish for any instruments, including vacuum extractors and forceps, to be routinely or automatically used to deliver baby unless my life or baby's life is in danger.
14. I do not wish to have anyone else in the room except for myself, my partner, my doula, and the direct birth team (no visitors or medical students please).

## Newborn Care/Postpartum

1. I prefer my baby receive routine Vitamin K injection
2. I prefer my baby receive routine Erythromycin eye ointment only after breastfeeding has been established
3. I want full skin to skin as long as possible
4. I plan to breastfeed
5. I prefer that my baby not be taken from me until we have established breastfeeding
6. I will allow newborn tests and procedures, but prefer that they be done while I am holding my baby on my chest including the APGAR
7. I prefer that weighing and measuring be delayed to have as much skin to skin time as possible.
8. I prefer that my baby not be bathed or wiped down at all, but placed directly on my chest after birth.