

## YOUR BIRTH PLAN: FACILITIES AND BIRTH COMPANIONS

*Please tick/write as necessary*

### Where to give birth

Your Midwife or Doctor will be able to tell you what services are available locally and advise you on any issues to do with your health or pregnancy that may affect your choice. Currently in Maternity Unit at UHG we provide a hospital based service only. If you wish to have a home birth you need to seek the services of a self employed Community Midwife.

### Companions/support person

Having a companion you can 'lean on' and who can support you during your labour can be helpful. It has been shown to reduce the need for pain relief.

Do you want your partner, or chosen companion to be with you during labour?

Yes  No  I'm not sure yet

Who would you like to have with you in labour?

## BIRTHING EQUIPMENT AND BIRTHING ENVIRONMENT

You may find items such as a birthing ball, floor mats and bean bags will help you to change position and may assist you during labour. Tens machine needs to be hired before coming to the Labour Ward. Music may be helpful but it is necessary to bring your own equipment.

Do you plan to use equipment such as floor mats or beanbags?

Yes  No  I'm not sure yet

If yes, please write down what you plan to use and whether or not you will provide it.

## BABY MONITORING/ WIRELESS MONITORING

Every baby is monitored throughout labour to ensure its wellbeing. There are different ways of monitoring the baby's heartbeat e.g. wireless monitoring is now available as a continuous method or structured intermittently.

Have you discussed with your Midwife how you want your baby's heart monitored?

Yes  No

*Please note that continuous monitoring may be recommended for some pregnancies and labour.*

### KEEPING ACTIVE DURING LABOUR

Keep active for as long as you feel comfortable. This helps the progress of the birth. Keeping active doesn't mean anything strenuous: just moving normally or walking around.

Is it important for you to be able to move around when you are in labour?

Yes, I would like to keep active during labour if possible

No, mobility is not important to me

### VAGINAL EXAMINATION

Your Midwife will need to perform a vaginal examination to monitor your progress in labour and help decision making during labour.

Have you discussed this with your Midwife?

Yes  No

### POSITIONS FOR LABOUR AND BIRTH

Find the position you prefer and which will make labour easier for you. Try out various positions at antenatal class or at home to find out which are the most comfortable for you.

What positions would you like to be in for the labour and birth?

*(You can choose as many positions as you want and vary them throughout your labour)*

In bed with my back propped up by pillows  Standing  Sitting

Kneeling  Kneeling on all fours  Squatting  Lying on my side

I'm not sure yet

## YOUR BIRTH PLAN: PAIN RELIEF AND MEDICAL CARE PAIN RELIEF OPTIONS

There are many different pain relief options. Some women use a combination of methods. If you think you would like pain relief, which sort would you like to try? *(You can use a number of different methods at different times)*

Breathing and relaxation  Pain relieving injections  Bath

Epidural  Massage  Visualisation  TENS  Mobilisation

'Gas and air' (entonox)  Hypnotherapy

I would like to try to manage without medical pain relief options

Other

## HAVING AN EPISIOTOMY

An episiotomy is a cut in the perineum (the area between the vagina and anus). This may be necessary if the perineum won't stretch enough and may tear, or if the baby is distressed and needs to be delivered quickly.

Have you discussed with your Midwife or Doctor why an episiotomy might be necessary?

Yes  No, not yet

## CORD CLAMPING

Is there anything special you would like to happen when your baby is first born? E.g. I would like my partner to cut the cord/ wait until pulsating stops.

## SKIN-TO-SKIN CONTACT WITH YOUR BABY

In the Maternity Unit, UHG we promote skin to skin contact. Immediately after the birth you can have your baby placed straight on to your abdomen before the cord is cut so that you can be close to each other. This occurs for one hour if the baby is not distressed. Skin to Skin contact regulates your baby's heart rate and breathing, reduces crying, and promotes bonding.

Do you want your baby delivered straight on to your tummy?

Immediate skin to skin  Cleaned first

I don't mind  I'm not sure yet

## FEEDING YOUR BABY

Breast milk is the best form of nutrition for babies as it provides all the nutrients a baby needs and has lasting benefits for the health of your baby and for you.

Have you thought about how you are going to feed your baby?

Breastfeeding  I'm not sure yet

Do you have any other preferences about feeding your baby?

*(e.g. I plan to breastfeed so I want my baby close to me at all times so that I can feed on demand)*

## VITAMIN K FOR YOUR BABY

Vitamin K is used in the prevention and treatment of bleeding resulting from a lack of Vitamin K. Vitamin K is necessary to make the baby's blood clot properly. Some newborn babies have too little Vitamin K or where the blood clotting system is not yet fully developed. It may be given either by injection or mouth.

Have you given your Midwife your consent to give your baby Vitamin K when he or she is born?

Yes  No, not yet

Preferred method?

Injection  Mouth

Do you have any other comments or preferences about you and your baby immediately after the birth?

## MIDWIVES, NURSES AND DOCTORS IN TRAINING

Student Midwives, Nurses or Doctors need to observe women in labour as part of their education training. Clinicians in training are always supported by qualified practitioners.

## YOUR BIRTH PLAN: EXTRA HELP

Is there anything you feel you may need extra help with?

Do you need someone present who speaks your first language?

Yes  No  I'm not sure yet

If yes, what is your first language?

Do you need a sign language interpreter?

Yes  No

Do you need a special diet?

Yes  No

If yes, please note what special diet you need?

Do you or your partner or companion have special needs that should be considered?

Yes  No

(e.g. my partner needs wheelchair access). If yes, please note what special needs should be considered.

Are there special religious customs you wish to be observed?

Yes  No

If yes, please note what special customs you would like to be observed?

Do you have any further thoughts or comments about your birth plan following discussions with your Midwife or Doctor?

  
  

*Information leaflets are available in the Maternity Unit on the above topics.*

*Reading these leaflets or having a discussion with a Midwife/Doctor*

*is recommended prior to making any decisions.*

Signed:

Date: