



# BIRTH PLAN

If you have any questions about completing your birth plan, please contact your doctor or midwife

\_\_\_\_\_  
Name Age

\_\_\_\_\_  
Partner's Name Age

\_\_\_\_\_  
Doctor/Midwife's name Baby's Doctor Due Date

\_\_\_\_\_  
Total # of Pregnancies # of living children Ages

\_\_\_\_\_  
Prepared childbirth classes \_\_\_\_\_ Yes \_\_\_\_\_ No Breastfeeding classes \_\_\_\_\_ Yes \_\_\_\_\_ No

\_\_\_\_\_  
Do you wish to restrict visitors? \_\_\_\_\_

\_\_\_\_\_  
Who would you like to be with you during labor? \_\_\_\_\_

\_\_\_\_\_  
Important Requests \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
What do you desire for pain control during labor and birth? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Do you have any medical problems or allergies? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any strong feelings about the following

1. Fetal Monitoring \_\_\_\_\_
2. Episiotomy \_\_\_\_\_
3. Circumcision \_\_\_\_\_
4. I.V. Therapy \_\_\_\_\_
5. Cutting of the umbilical cord \_\_\_\_\_
6. Lighting or music at birth \_\_\_\_\_
7. Your diet \_\_\_\_\_
8. Breastfeeding \_\_\_\_\_
9. Pacifiers \_\_\_\_\_

Do you plan to breastfeed or bottlefeed your baby? \_\_\_\_\_

Do you have previous experience breastfeeding? \_\_\_\_\_

We routinely provide standard newborn treatments such as Vitamin K injection (used to prevent bleeding), antibiotic eye ointment (used to prevent eye infection), and newborn blood screening test (PKU etc).

If you have any questions regarding these treatments please discuss them with your baby's doctor prior to delivery. These are mandated by state law.

If you have any objections as noted above please discuss them with your baby's doctor prior to delivery.

Is there something that you would like to learn or do while on Families Are First? \_\_\_\_\_

\_\_\_\_\_

How can the staff help you to achieve your preferences for labor and birth? \_\_\_\_\_

\_\_\_\_\_

Do you have any religious or cultural considerations or requests? \_\_\_\_\_

\_\_\_\_\_

Bristol Hospital values every patient and places a high regard on patient confidentiality, therefore, it is the policy of Families Are First not to give out any information regarding mother and baby for your personal security and safety.

PLEASE RETURN YOUR BIRTHPLAN TO YOUR DOCTOR OR MIDWIFE'S OFFICE AND MAKE A COPY TO BRING WITH YOU WHEN YOU COME TO THE HOSPITAL TO HAVE YOUR BABY. THIS BIRTHPLAN IS OPTIONAL. (NOT REQUIRED)

***BEST WISHES FOR A BEAUTIFUL BIRTH EXPERIENCE!!!***