

Birth Plan

Name _____

Due date _____

Birth partner's name _____

Your healthcare provider _____

Your baby's doctor _____



Congratulations from The Birthing Center at Inland Hospital!

As you look forward to your baby's birth, we invite you to complete this Birth Plan, which asks you to consider your personal choices in several areas. At The Birthing Center, we are focused on creating an extraordinary experience for you and your family – this Birth Plan will help us work together to ensure the most personalized care possible.

As your due date approaches, please discuss your preferences with your partner and healthcare provider. You are invited to take a pre-delivery tour of The Birthing Center and our nurses are happy to review your Birth Plan with you at that time.

Keep in mind that a Birth Plan needs to be flexible because each birth experience has its own unique circumstances and your wishes may change as your labor progresses. We recommend you join Inland's childbirth education classes to further prepare you for your labor of love at The Birthing Center at Inland Hospital.

Listed below are some options that are available to you.

Relaxation Techniques

- ____ Music
- ____ Subdued lighting
- ____ Quiet atmosphere
- ____ Sleep and/or rest
- ____ Deep breathing

Movement

- ____ Birthing ball
- ____ Walking
- ____ Standing/leaning
- ____ Sitting
- ____ Hands and knees

Family/support in labor

- ____ One or two support people
- ____ Suggestions/verbal
- ____ Encouragement
- ____ Partner only

Pain Management

- ____ No medication
- ____ Medication offered at my request
- ____ Ice pack
- ____ Warmed blankets
- ____ Warm shower/Jacuzzi tub
- ____ Warm perineal compresses
- ____ Epidural

Birth Plan

Umbilical cord to be cut by

- ☐ Doctor
- ☐ Birth partner

Circumcision

- ☐ Desired *(check coverage with your insurance company. Payment plan needs to be established prior to delivery.)*
- ☐ Not desired

Visitors Desired

- ☐ Siblings
- ☐ Grandparents
- ☐ Family members
- ☐ Others

Discharge Plan

- ☐ Educational videos
- ☐ Early discharge
- ☐ Paternity papers

Newborn Care

- ☐ Skin to skin mother-baby contact
- ☐ Breastfeeding as soon as possible
- ☐ Mother-baby rooming in
- ☐ Baby bath demonstration

Infant Feeding

- ☐ Breastfeeding
- ☐ Bottle feeding
- ☐ Pacifiers

Do you have any disabilities or special needs that require accommodations?

Do you plan to attend childbirth classes?

☐ yes ☐ no

Is there anything else you would like us to know?

Best wishes for a beautiful birth experience! If you have questions about completing your Birth Plan, please call The Birthing Center at Inland Hospital for assistance, 861-3100 or toll-free, 800-967-0087. Visit our web site to learn more about the personalized birthing choices and 5 star service at The Birthing Center.



Inland Hospital
Where YOU come first
EMHS MEMBER

200 Kennedy Memorial Drive, Waterville ~ www.inlandhospital.org