

# Cesarean Birth Plan

This plan reflects my current preferences and may change as needed for my or my baby's safety.

Name: \_\_\_\_\_

My Support/Partner: \_\_\_\_\_

Doula/Other: \_\_\_\_\_

## PLEASE NOTE:

I am GBS+

I have Rh incompatibility with baby

I have a fear of needles

I prefer trauma-informed care

Other: \_\_\_\_\_

I **do not** consent to medical or nursing students being present or providing care during my labor and delivery.

## BEFORE BIRTH

### INTRAVENOUS (IV) LINE

Placed in forearm or hand if possible

### I WOULD LIKE A GENTLE CESAREAN INCLUDING:

Warm blankets

Monitor leads placed away from my chest

Blood pressure cuff on the arm I will not use to hold baby

Partner/support person present at my head

Clear or lowered drape so that I can watch baby being born

For my support person to accompany baby at all times

Other preferences: \_\_\_\_\_

## BIRTH & IMMEDIATELY AFTER BIRTH

### I would like:

Immediate skin-to-skin contact

Delayed cord clamping for \_\_\_\_\_

Cord trimmed by: \_\_\_\_\_

Uninterrupted "Golden Hour"

Assistance with breastfeeding

Delay non-urgent tests or procedures

To save my placenta

### I do not want:

My baby suctioned unless it's medically necessary

Vernix removed/wiped off my baby

### CORD BLOOD BANKING PLAN:

\_\_\_\_\_

## NEWBORN PROCEDURES

I decline eye antibiotics for baby

I decline Vitamin K shot for baby

I decline Hepatitis B vaccine for baby

I decline 24hr Newborn Screening/PKU

I decline circumcision for baby boy

### I request:

Rooming-in with my baby 24/7

Assessments or medications given in my room or while holding baby

Delay baby's bath during hospital stay

The PKU collection while I am holding or breastfeeding baby

Baby's blood type in the lab requisition

Baby boy to be circumcised

## LACTATION / FEEDING

My feeding plan: \_\_\_\_\_

I **do not** want my baby given, unless necessary:

Formula

Sugar water

Pacifier

If supplementation is needed, prioritize colostrum, donor milk, and then formula.

Initiate hand expression and pumping

Use alternative feeding methods

Request a Lactation Consultant ASAP