

# BIRTH PREFERENCES

Example:

Name:

Estimated due date:

Birth partner:

Birth partner's phone no:

Preferred birth place:

Important information:

*Do you have any medical conditions?*

*Any past birth/pregnancy experiences you'd like your team to be aware of?*

*Main preferences for this birth i.e midwifery unit*

My environment:

*If you want to be left alone when possible*

*Lights dimmed?*

*Music playing?*

*Do you have any personal items to put out?*

*Is there certain language you'd like care providers to use/avoid?*

*Student midwives allowed or not?*

Comfort/pain relief:

*Is there any non medical pain relief you'd like to use? (e.g. TENS machine/massage/birth pool)*

*Any medical pain relief you'd like to use/avoid?*

Monitoring:

*Are you happy to accept vaginal examinations?*

*Would you like to avoid/keep to a minimum?*

*Any preferences around CTG or Fetal Scalp monitoring?*

*Would you prefer wireless monitoring if possible to be free to move around?*

Birthing/second stage:

*Please remind me to breathe when pushing*

*Any positions you'd like to try/avoid/be encouraged to use?*

*Do you want to be in a birth pool if available?*

Third stage and afterwards:

*Do you or your partner want to be the first to touch baby?*

*Who do you want to announce sex of the baby if unknown?*

*Do you want to birth the placenta naturally or have the sytocinon injection?*

*Skin to skin - Do you want to delay weighing etc for uninterrupted skin to skin?*

*Partner to have skin to skin if I'm unable to for any reason*

*Optimal cord clamping vs delayed cord clamping*

*Who do you want to cut the cord?*

*Are you happy for baby to have the vitamin K injection?*

*How do you plan to feed baby?*

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## Example:

### Induction preferences:

*Do you have any additional preferences if you were to have an induction?*

*Are there any of the above preferences you'd still like if possible (e.g. wireless monitoring/active and upright during labour)*

*Do you have a preferred method to try first (e.g. foley catheter)?*

### Instrumental birth preferences:

*Do you have any additional preferences if you were to have an instrumental birth?*

*Are there any of the above preferences you'd still like if possible - you may be in theatre for this (e.g. how you'd like your environment, who announces sex of baby, immediate skin to skin, delayed cord clamping etc.)*

### Caesarean preferences:

*Do you have any additional preferences if you were to have a caesarean?*

*Think about which of the above things you'd still like to have in theatre (e.g. music playing, language used, who announces sex of baby, immediate skin to skin in theatre, delayed cord clamping, gentle caesarean)*

Your preferences should be clear and kept to a single or double sided page so it's easy for every one to glance at and see what you want.

If something is important to you, even if it seems obvious, then include it.

There won't be anything midwives/care providers haven't seen before!

It doesn't have to be fancy - just some bullet points jotted down will do the job! You'll also find a blank copy of this template separate to this workbook.

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My environment:

Comfort/pain relief:

Monitoring:

Birthing/second stage:

Third stage and afterwards:

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Induction preferences:

Instrumental birth preferences:

Caesarean preferences:

Additional notes: