

My Birth Plan

ADVOCACY FOR YOUR DAY



Patient's name:
Name of support person:
Phone # of support person:

Due Date:
Name of OBGYN:
Name of Pediatrician:

Instructions: Meet with your doctor to discuss each section and to have your questions addressed. Next, outline your preferences for your labor and birth process and communicate your preferences to your doctor and your labor and delivery team.

SELECT ALL THAT APPLY:

Labor

- ☐ I do not want students / resident physicians (circle)
- ☐ I would like to be able to move around as I wish
- ☐ I would like to be able to eat food and drink
- ☐ I prefer IV fluids and medications
- ☐ I prefer a heparin lock and medications by mouth
- ☐ I do not want a fetal scalp electrode
- ☐ I do not want an intrauterine pressure catheter

If available, I would like the following:

- ☐ Yoga ball/peanut ball
- ☐ Birthing stool/chair
- ☐ Water birth
- ☐ Warm shower or bath
- ☐ Quiet environment
- ☐ Music
- ☐ Other (please list): _____

Anesthesia

- ☐ I want IV pain medication
- ☐ I want laughing gas
- ☐ I want an epidural
- ☐ If yes, when? _____

Augmentation

- ☐ I do not want cervidil for induction
- ☐ I do not want cytotec for induction
- ☐ I do not want a cook balloon
- ☐ I do not want pitocin for augmentation
- ☐ I want my water broken by my doctor / naturally (circle)
- ☐ I want whatever my doctor recommends for induction and augmentation
- ☐ Other (please list): _____

Pre Pregnancy Planner

ML Morrison



Pre Pregnancy Planner:

The Pre-Pregnancy Planner Josleen Wilson, 2010-02-17 Much has been written about preparation for childbirth Wilson is unique in covering the previous steps preparation for pregnancy in this thorough up to date guide She covers a wide range of concerns that are best resolved before conception Topics include the parenthood decision diet and exercise financial and career adjustments and more The book emphasizes the practical rather than emotional issues involved in contemplating pregnancy *Journal of Reproductive Medicine* ,1996 **Prepregnancy Care** Geoffrey Chamberlain, Judith Lumley, 1986 Pre pregnancy care is a new field in reproductive health and is beginning to be recognised as being as important as antenatal care This book demonstrates the importance and significance of prepregnancy care in health promotion *Journal of the American Medical Association* ,1889 *Journal of Materia Medica* ,1886 **The American Journal of Obstetrics and Diseases of Women and Children** ,1896 **Boston Medical and Surgical Journal** ,1895 **Maryland Medical Journal** ,1886 *The Obstetrical Journal of Great Britain and Ireland* ,1877 **Pregnancy: 100 Things to Do Before You Get Pregnant** Rizwana Parveen, 2020-03-15 100 things to do before you get pregnant Today only get this Amazon bestseller for just 0 99 Regularly priced at 4 99 Read on your PC Mac smartphone tablet or kindle device you are about to discover how to prepare yourself to be a mama of a newborn who is completely dependent on you Pregnancy is a period of uncertainty as much as it is a joy For some women it will be as smooth as a breeze while for some others it can get a little harder You feel all types of emotions throughout your pregnancy Even processing your own mind and body can get overwhelming As you process through that a little help can go a long way So here are a few things which can make it a lot easier and help you throughout your wonderful journey to motherhood Here is a preview of what you will learn how to improve your health before you get pregnant is it possible to choose the gender of your baby through food you eat Is there a need to visit your physician before you get pregnant Which conditions can affect the wellbeing of you and your baby when ignored How to manage your finances before pregnancy and much much more download your copy today Take action today and download this book for a limited time discount of only 0 99 **The Journal of the American Medical Association** ,1885 *The Psychology of Birth Planning* Edward Pohlman, Julia Mae Pohlman, 1969 **The American Journal of the Medical Sciences** ,1898 *British Medical Journal* ,1894 *Buffalo Medical and Surgical Journal and Reporter* ,1888 **Journal of the American Dietetic Association** ,1993 *The Journal of Home Economics* ,1980 *Family Planning, Sterility and Population Growth* Ronald Freedman, 1959 **A Comprehensive Plan to Combat Mental Retardation in the State of Minnesota** Minnesota. Mental Retardation Planning Council, 1966 *New York State Journal of Medicine* ,1940

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