

Birth Plan/Preference List

Date: _____

Name: _____

Reviewed with: _____

revised 8/2023

Our philosophy and practices at UCSF

We provide you and your family with the best evidence-based care, and we adhere to the following standard procedures:

- › Explain recommended interventions including medications or breaking the bag of water around the baby before proceeding.
- › Encourage movement while in labor as often as possible.
- › Encourage families to create the birthing environment that they desire.
- › Encourage eating and drinking in labor, unless otherwise medically indicated.
- › Support patients who choose to have an un-medicated birth and encourage them to bring support people to help make this possible (including doulas for those who chose doulas).
- › Support patients who desire pain medication with 24/7 availability of anesthesia (these options are discussed upon your arrival in labor and can be modified at any time)
- › Do not offer routine enemas or shaving.
- › Perform episiotomy rarely and only when necessary for the health of patient or baby.
- › Encourage getting breastfeeding guidance from our team after the birth.
- › Do not offer babies formula or sugar water without an important medical reason (or for babies who will be formula-fed).
- › Encourage skin-to-skin contact as soon as the baby is born as long as baby is transitioning well.
- › Routinely delay procedures and first bath to enhance bonding and promote breastfeeding.
- › In most cases, if you are having a vaginal birth, you will be assisted by an OB-GYN Resident and a Certified Nurse-Midwife attending. If any complications arise, you will be evaluated and possibly treated by the Chief Resident and OB-GYN Attending.
- › After birth, the baby will be treated with erythromycin eye-ointment to reduce the risk of certain eye-infections that may be transmitted at the time of birth and a Vitamin K injection to reduce the risk of bleeding. These medications are recommended for all newborns.

Please mark your preferences and bring this with you to your next prenatal appointment to discuss with your care provider. In addition, present a copy to the nurse upon arrival to Labor & Delivery.

During my labor and birth, I plan to have the following people in the room with me: _____

To assist with my comfort, I would prefer:

- ☐ Alternative pain relief options (such as breathing, massage, hydrotherapy, position changes, music, tens unit or essential oils).
- ☐ I will ask for medication if needed.
- ☐ To hear about my medication options if you see that I am having difficulty coping with labor.
- ☐ To try IV opioids like Fentanyl
- ☐ To try Nitrous Oxide
- ☐ An epidural (regional anesthesia)



Patients who will deliver at the **ZSFG Family Birth Center**, please refer to your supplemental materials.

Other preferences include:

- ☐ Intermittent fetal monitoring if it is safe for my baby.
- ☐ A saline lock placed when my blood is drawn during hospital admission. I understand this will allow IV access for medications and hydration, if needed, but will allow me freedom of movement.
- ☐ Not to have an IV placed on admission. I understand that I will need to stay hydrated by drinking clear liquids and may need an IV later in the labor process.

When pushing, I would prefer:

We recommend changing positions frequently while pushing. In addition I would like:

- ☐ To be offered coaching if progress is slow or pushing is not felt to be effective.
- ☐ To use a mirror to see the baby as it crowns.
- ☐ To touch the baby as it crowns.

After the birth, I would like:

- ☐ A delay in cord clamping, as long as baby is transitioning well.
- ☐ To have the cord blood collected for banking (I have provided a cord collection kit).
- ☐ I accept Pitocin postpartum to help reduce my blood loss after delivery.

To have my birth partner:

- ☐ Touch my baby as it crowns.
- ☐ Cut the umbilical cord.
- ☐ Stay with the baby during routine care procedures.
- ☐ Announce the sex of our baby.

If a cesarean birth is necessary, I would like to:

- ☐ Have my birth companion present: _____
- ☐ Have the baby placed skin to skin post delivery.
- ☐ Lower the drape so that we can see my baby as it is born.

For my baby:

- ☐ I plan to have usual newborn treatments including Erythromycin eye ointment and the Vitamin K injection.
- ☐ I plan to decline use of Erythromycin eye ointment, but consent to Vitamin K injection.
- ☐ I do not consent to Erythromycin ointment and the Vitamin K injection. (I am aware that a pediatrician will speak to me about the risks.).
- ☐ I consent to Hepatitis B vaccine in the hospital (usual recommended treatment for newborns).
- ☐ I wish to decline Hepatitis B vaccine in the hospital.

If I have a newborn with a penis, I plan to:

- ☐ Have them circumcised before leaving the hospital
- ☐ Not circumcised

For feeding my baby, I plan to give:

- ☐ Formula/donor breast milk
- ☐ My own breastmilk

