

My Personal Birth Plan:

Name: _____ Expected Due Date: _____

Primary OB Care Physician: _____

At St. Joseph Hospital, we are committed to meeting your individual needs. Please take the time to consider what will make your birth experience meaningful to you and your family. This plan should be discussed with your physician during your pregnancy. Please bring a copy of this Birth Plan with you to the hospital when your labor begins.

LABOR AND HOSPITAL STAY

SUPPORT PEOPLE:

Primary Support Person: _____

Others attending the birth, and their role: _____

SPECIAL REQUESTS/CONCERNS:

Are there any requests for delivery time: _____

Are there any concerns or fears your caregivers should be aware of:

Do you require any restrictions of visitors or phone calls while in the hospital? _____

Is there anything else your caregivers should know that will assist you in creating the atmosphere or the memories that will make this birth experience everything you would like it to be? _____

Do you have specific dietary needs? _____

Do you have any cultural or family traditions you will be observing while in the hospital? _____

If you are planning to breastfeed, would you like to breastfeed your baby as soon as possible after delivery? Yes No

Immediately following delivery, would you like some quiet time with you birth partner and baby, or is immediate visitation by family and friends desired? Quite Time Immediate Visitation

MANAGING LABOR PAIN:

I wish to try:

- Breathing Techniques
- Relaxation Techniques
- Walking, if possible
- Warm Shower
- Massage
- Music
- Narcotic Medication
- Epidural Analgesia
- Other _____
- I'm not sure, please suggest some helpful techniques

The following statement best describes how I feel about pain medication:

- I strongly desire an unmedicated childbirth, for a sense of personal gratification and to benefit my baby. I think I would feel disappointed if I had medications.
- I have a strong desire to avoid medication, mainly for my baby's benefit. I have actively learned and practiced comfort measures, but will accept pain medication for a difficult, painful birth.
- I plan to use medication, but as little as possible.
- I plan to have an epidural in the active phase of labor. I am willing to use comfort techniques or narcotic medication as needed.
- I want analgesia to be given as soon in labor as safely possible, and as soon as the doctor will allow it.



PERSONAL BIRTH PLAN

PATIENT I.D.