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Birth Preference Checklist

Directions: Check off the boxes that you would consider doing during your birth and a line through the things you absolutely DO NOT want. Please keep in mind this worksheet is intended to open a discussion with your care provider and is not intended as medical advice.

Start of Labor

- I would like labor to start on its own
- I would like to be induced
 - Cervadil
 - Cytotec
 - Pitocin
 - Membrane Sweep
 - Foley Bulb / Cook Catheter
 - AROM (breaking my water)
 - Nipple stimulation

Clothing

- Wear my own clothing
- Wear hospital gown

Admittance

- As soon as labor begins
- I want to labor at home until active labor
- I want to labor at home as long as possible

Vaginal Exams

- Minimal (as necessary)
 - I want to know my progress
 - I do not want to know my progress
- I like to know my progress often

Fetal Monitoring

- I would like intermittent monitoring
- I would like constant monitoring
 - Belt monitor (EFM)
 - Internal monitor
 - Hand held doppler

IV Access

- I would like a Hep Lock
- I would like IV fluids
 - Connected upon admittance
 - Connected as I request

Nourishment

- No Food or Drink Restrictions
- Light Snacks
- Clear Liquids (broth, juice, etc.)

Water

- I would like to labor in the shower/tub
- I would like to birth in the water

Augmentation

- I would like my water broken
- I would like pitocin
- I would like to do nipple stimulation

Pain Relief

- I would like an epidural
- I would like IV narcotics

- I would like to use a TENS
- Please do not offer me pain relief

Cord Care

- I would like to do delayed cord clamping
- I am banking my baby's cord blood
- I do not have a preference

Pushing

- Spontaneous pushing
- Guided pushing
- I would like to try alternative positions
- I prefer to be on my back

Placenta

- I am keeping my placenta
- I am not keeping my placenta

Cesarean Birth

- I would like the following people present
 - Partner
 - Doula
- Please limit idle talking from medical staff
- Provider narrate events
- Clear drape / drape lowered
- Seed microbiome
- Take pictures
- Delay cord clamping
- Skin to Skin
- Breastfeed in OR
- Take baby to warmer
- Take baby out of OR
- Wipe/ bathe baby
- Witness weighing measuring baby

Gender Reveal

- We know the sex of our baby
- We do not know the sex of our baby
 - Dad would like to announce
 - Mom would like to announce
 - We would like our provider to announce

Newborn Care

- Skin to Skin
- Golden Hour (delay procedures)
- Take baby to warmer
- Vitamin K
- Eye Ointment
- Hep B
- Wipe / Bathe baby
- Breastfeeding Baby
- Formula Feeding
- Pacifiers