

# BIRTH PLAN

NAME:

SUPPORT PERSON:

PROVIDER'S NAME:

DUE DATE:

GBS: NEGATIVE/POSITIVE

BLOOD TYPE:

ALLERGIES:

MY DELIVERY IS PLANNED AS:  
VAGINAL/C-SECTION

MEDICAL HISTORY:

ANY PREGNANCY  
DIAGNOSES? YES/NO

IF YES PLEASE LIST;

EPIDURAL: YES/NO

BREASTFEEDING/FORMULA FEEDING

CIRCUMCISION: YES/NO

BIRTH MEDICATIONS: YES/NO

- HEPATITIS B, VITAMIN K, ERYTHROMYCIN EYE OINTMENT

# WHAT TO EXPECT



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PLAZA OBGYN

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# LABOR & DELIVERY

01

## CERVICAL CHECKS

CERVICAL CHECKS ARE PERFORMED TO EVALUATE YOUR LABOR PROGRESS. THESE MAY BE PERFORMED BY A NURSE, RESIDENT PHYSICIAN, AND/OR YOUR OBGYN. YOUR HEALTHCARE TEAM WILL ATTEMPT TO ONLY CHECK YOUR CERVIX WHEN NECESSARY.

02

## PAIN MANAGEMENT & POSITIONING

YOUR HEALTHCARE TEAM WILL HELP YOU FREQUENTLY CHANGE POSITIONS. IF YOU DESIRE AN EPIDURAL, AN ANESTHESIA TEAM MEMBER WILL SPEAK WITH YOU PRIOR TO THE PROCEDURE.

03

## PERINEAL MASSAGE & COACHING

YOUR HEALTHCARE PROVIDER WILL PROVIDE PERINEAL MASSAGE WHILE PUSHING IN AN ATTEMPT TO DECREASE THE RISK OF TEARING DURING DELIVERY. YOUR HEALTHCARE TEAM WILL ALSO COACH YOU WHILE PUSHING, TELLING YOU WHEN TO START & STOP PUSHING.

04

## DELAYED CORD CLAMPING

IMMEDIATELY FOLLOWING DELIVERY, YOUR HEALTHCARE PROVIDER WILL WAIT TO CLAMP THE UMBILICAL CORD FOR APPROXIMATELY 30-60 SECONDS, THEN THE CORD WILL BE CLAMPED AND CUT.

05

## SKIN TO SKIN

IMMEDIATELY FOLLOWING DELIVERY, YOUR BABY WILL BE PLACED ON YOUR ABDOMEN. YOUR HEALTHCARE TEAM WILL DRY AND STIMULATE BABY WITH A TOWEL AND SUCTION THEIR NOSE AND MOUTH.



# POSTPARTUM

01

## GOLDEN HOUR

FOLLOWING DELIVERY, YOUR HEALTHCARE TEAM IS GOING TO ENCOURAGE SKIN TO SKIN CONTACT FOR MOM & BABY FOR THE FIRST HOUR WHILE CONTINUING TO MONITOR YOU BOTH CLOSELY.

02

## VITALS & FUNDAL CHECKS

IMMEDIATELY FOLLOWING DELIVERY YOU WILL CONTINUE TO HAVE YOUR VITALS (BLOOD PRESSURE, TEMPERATURE, OXYGEN SATURATION) MONITORED. ADDITIONALLY YOUR UTERUS WILL BE MASSAGED (FUNDAL CHECK) FOR THE FIRST 2-3 HOURS.

03

## ASSESSMENTS (MOM & BABY)

YOUR HEALTHCARE TEAM(S) ARE GOING TO ASSESS YOU AND BABY THROUGHOUT YOUR STAY. THIS INCLUDES VITALS, FUNDAL MASSAGE FOR MOM, INTAKE AND OUTPUT (FOR BABY), AND PAIN MANAGEMENT (FOR MOM).

04

## BREASTFEEDING SUPPORT

DURING YOUR STAY, A LACTATION CONSULTANT IS AVAILABLE FOR BREASTFEEDING ASSISTANCE. YOUR HEALTHCARE TEAM IS ALSO AVAILABLE FOR QUESTIONS/CONCERNS.

05

## ROOMING IN

YOUR HEALTHCARE TEAM WILL ENCOURAGE YOU TO "ROOM IN" WITH YOUR BABY, MEANING, BABY WILL STAY IN YOUR ROOM AT ALL TIMES UNLESS THEY NEED A PROCEDURE OR DETAILED ASSESSMENT PERFORMED.



# *WHAT TO BRING TO THE*

# HOSPITAL

## *FOR MOM*

- TOILETRIES
- SHOES
- PHONE CHARGER (EXTRA LONG)
- COMFORTABLE CLOTHES FOLLOWING DELIVERY
- NURSING BRA (IF BREASTFEEDING)

## *FOR BABY*

- GOING HOME OUTFIT
- CARSEAT (INSTALL BASE IN CAR)
- BLANKET (GOING HOME)

## *FOR PARTNER*

- TOILETRIES
- IF DESIRED, OWN PILLOW/BLANKET (PILLOWS & BLANKETS ARE PROVIDED AT HOSPITAL AS WELL)
- SNACKS
- PHONE CHARGER



# RESOURCE LIST

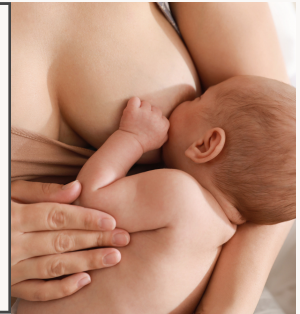
[WWW.SPINNINGBABIES.COM](http://WWW.SPINNINGBABIES.COM)

THIS WEBSITE IS GREAT FOR PREPARING FOR DELIVERY.



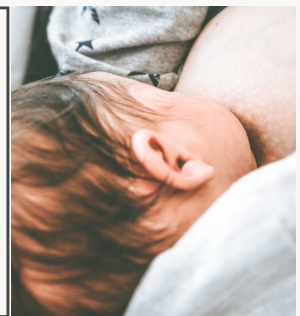
[WWW.FIRSTDROPLETS.COM](http://WWW.FIRSTDROPLETS.COM)

THIS WEBSITE HAS A GREAT 15 MINUTE VIDEO REVIEWING THE FIRST FEW HOURS AFTER DELIVERY INCLUDING LATCHING, HAND EXPRESSION, AND SPOON FEEDING. CHECK THIS OUT IF YOU PLAN TO BREASTFEED!



[WWW.KELLYMOM.COM](http://WWW.KELLYMOM.COM)

THIS WEBSITE IS A FAVORITE "GO TO" RESOURCE FOR VARIOUS BREASTFEEDING QUESTIONS/CONCERNS. THERE ARE NUMEROUS ARTICLES WRITTEN BY AN IBCLC.



[WWW.INFANTRISK.COM](http://WWW.INFANTRISK.COM)

THIS WEBSITE IS GREAT FOR MEDICATION SAFETY IN PREGNANCY AND BREASTFEEDING. THERE IS AN APP YOU CAN DOWNLOAD AS WELL AS A PHONE NUMBER YOU CAN CALL FOR MEDICATION QUESTIONS.

APP: MOMMY MEDS  
PHONE: 1-806-352-2519 (MON-FRI 8AM-5PM CST)







YOU GOT THIS!

