



Birth Goals

Please use this form to start thinking about what you would like during your birth experience. Include significant others in this process. Take time to reflect on each question and then discuss with your Midwife or Doctor once you are done.

We encourage you to ask questions throughout the labor process. Remember that you are in control of decisions made during your birth and choices may be discussed with your Midwife or Doctor. However, labor is an unpredictable process and sometimes plans can or need to change. We will always keep your wishes in mind but ask for your flexibility if we feel we can no longer carry out your desires in order to keep you and/or your baby safe. Even if you are having a planned or unplanned Cesarean section, we will try to honor as many of these wishes as possible.

We would like you to know the following:

Reasons to **call the office (674-0223)** or the **emergency line (734-1111)**:

- Decreased fetal movement
- You think your water might be broken or you are bleeding
- You have been having contractions 5 minutes apart for one hour

If you have a cesarean planned, please call if you have the above symptoms before having anything to eat or drink.

You may reach us after business hours for **emergencies only**. Please do not call the emergency line for prescription refills or test results questions that can be addressed during business hours. During the daytime hours we may evaluate you in the office before sending you to the hospital if you are in labor.

If you are **scheduled for an induction of labor or planned cesarean birth**, please know that the date and time is determined by the hospital, and is subject to change based on hospital scheduling needs. If you have a scheduled cesarean, Labor and Delivery staff will call you the night before with information regarding the time you should arrive and other instructions.

The normal **time to be discharged** from the hospital is in the evening hours. Please do not expect to leave in the morning on the day of discharge.

Name:

I like people to call me:

Pronouns (ex: she/her/hers):

During labor I would like these people present at delivery and their role in my life is:

I plan on having someone on video chat. YES NO

Is this your main support person's first birth experience? YES NO

How does your main support person think they will handle labor (ex: get upset if I am in pain)?

What are my physical signs of stress (ex: tense jaw, become quiet or chatty, or become angry)?

During labor I would like to consider using the following things to help me cope with stress, discomfort, or pain (please circle):

movement birthing ball music other: _____

IV medications epidural massage from support person

I would like to consider using a mirror to watch the birth or help me push. YES NO

Person I would like to cut the cord: _____

I want my baby placed skin to skin immediately after birth (this helps the baby adjust to outside life by stabilizing breathing, heart rate, and temperature). YES NO

If I were to have an unexpected Cesarean, I would like the doctor to hold the baby up to a clear window in the operating drape so that I can see the baby as soon as possible. YES NO

I know the sex of my baby. YES NO, I would like _____ to announce the sex

I have the baby's name picked. YES, _____ NO

I plan to breastfeed. YES NO

What are your plans for birth control after the baby is born?

Is there any other information you would like your care team to know about?