

# BIRTH PREFERENCE

## Checklist

The staff at St. Bernards Birthcare Center are dedicated to making sure you have the best birth experience possible. Our common goal is the overall health and safety of you and your baby. Your healthcare team will follow your requests as closely as possible while also allowing for flexibility when things may change or go unexpectedly. Your healthcare team can tell you about the benefits, risks and alternatives of the decisions you may face during labor and birth. This form is an opportunity to share your values and preferences so that you and your healthcare team can make informed decisions together, based on your specific needs. Please feel free to ask your healthcare team any questions!

### Environment

- I prefer to have the lights dimmed and a quiet environment during labor.
- I prefer to wear my own gown/clothing during labor and while in the hospital.

### Labor Preferences

- If it is safe to do so, I prefer to eat/drink lightly during labor.
- I would like to have freedom of movement while I am in labor (walking, standing, sitting, using the labor ball, etc.) if safe and possible.
- I prefer to wait for the amniotic sac to break on its own. If the need to have my water broken arises, please discuss with me before breaking my water.
- I prefer to have my IV saline locked, if possible.
- I prefer to use a portable monitor (if available) to monitor my baby and contractions during labor, if possible.

### Preferences for Managing Pain During Labor

- I prefer unmedicated childbirth (no pain medications or epidural).
- Please do not offer me any sort of pain medications. If I decide to use pain medication or an epidural, I will ask for them.

### Mark *any pain medication options you would like to utilize for pain control during labor:*

- Nitrous Oxide       IV Pain Medication       Epidural
- I am considering my pain management options, but I will decide when I am in labor.

### Vaginal Birth Preferences

- I would like my medical team to suggest alternative pushing positions if possible.
- I would like to use a mirror to view the birth of my baby.
- I would like to touch the baby's head when it crowns.
- If safe and possible, I prefer to delay any newborn procedures/measurements until the golden hour is complete.

***Unless otherwise necessary, this IS observed with all vaginal delivery newborns— please notify your nurse if you do NOT want to observe the golden hour.***

# Checklist Continued

## Cesarean Birth Preferences

- I would like to use a clear drape during my C-section (if available).
- If safe and possible, I would like an arm left free so I can touch my baby.
- I would like my baby placed skin-to-skin with me in the operating room if we are both doing well.

## Newborn Care Preferences

- I would/would not (please circle one) like my baby to receive the 2 standard newborn medications (vitamin K injection for blood clotting and erythromycin eye ointment to prevent infections from mom's body fluids).
- I prefer myself/hospital staff (please circle one) to bathe my baby while in the hospital.
- I prefer to wait until we are home for my baby's first bath—no bath while in the hospital.
- I plan to exclusively breastfeed/formula feed (please circle one) my baby.
- I plan to exclusively breast pump to feed my baby.
- I do/do not (please circle one) prefer my baby to have a pacifier.
- If my baby needs supplementation for a medical reason, I prefer to use donor breast milk/formula (please circle one) if appropriate.

### ***These options are encouraged and available to all patients:***

- Birthcare Center aromatherapy menu
- Peanut balls and labor balls for pain control and labor progression
- Photography is encouraged during your birth! Please no photos of staff without permission. No video of delivery allowed.
- Delayed cord clamping (if safe) for at least 1 minute
- If you are interested in taking your placenta home, please notify staff upon admission. (You must provide an opaque, leak-proof plastic container to transport your placenta.)
- Bring your own labor/delivery playlist and speaker! We provide a Bluetooth speaker in our operating room for patients undergoing a C-section.
- Episiotomies are not routinely performed at our facility. If your delivering physician feels you may need an episiotomy, they will discuss this with you and obtain informed consent.

**What is most important to you during labor and birth? What are your biggest goals or priorities?**

**Please let us know if you have any religious or cultural practices/traditions that are important to you during childbirth and what we can do to accommodate those needs.**

**Please describe any additional preferences, concerns about labor and birth, specific fears, or other information that will help us provide the best possible care to meet your individual needs.**