

# Planning Your Birth Experience

Having a baby is an exciting time, and the entire staff at UPMC Northwest wishes to make this the most wonderful birth experience possible. Your thoughts, wishes, and choices are important to us. We ask you to spend some time sharing your plans for your birth experience.

This birth plan guide was made to help you when thinking of topics that are important to talk about with your health care team. Please stay flexible in case you or your baby's health calls for your health care team to change your plan.

This birth plan reflects your current wishes. You can change it at any time.

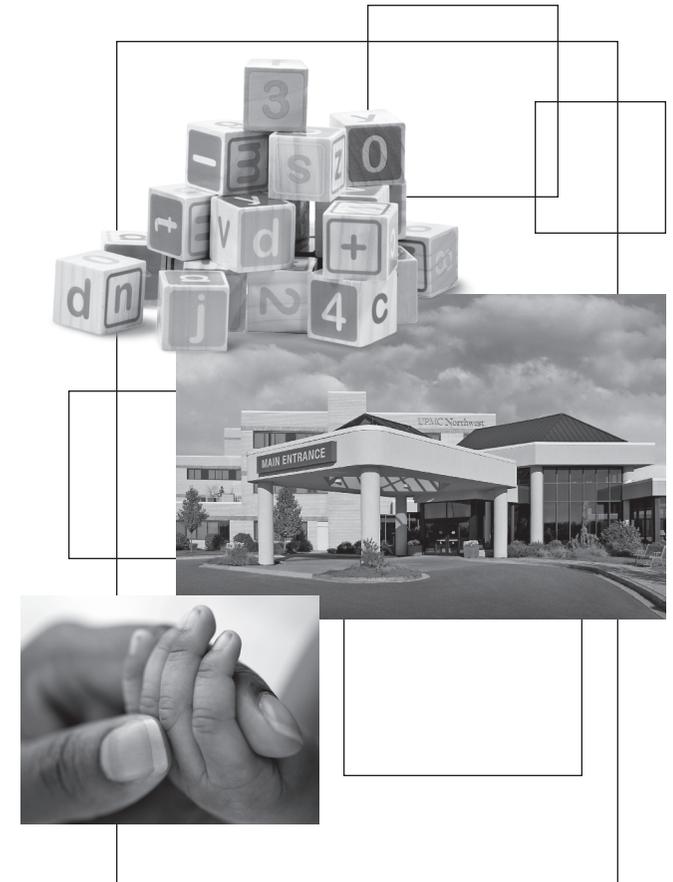


### UPMC Northwest

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# UPMC Northwest



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Your Care. Our Commitment.

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

## My Birth Plan

We know what an important time this is. Please understand that due to physical space limitation, UPMC Northwest's visitation policy allows for up to 2 people during labor and delivery.

### Mark all that apply:

- I would like to have support people present during my labor and birth
- I have a doula (labor coach)
- I have no specific birth plan requests

### During labor I would like:

- Music playing (I will provide)
- The lights to be dimmed as much as possible
- The room to be as quiet as possible
- To have pictures taken during labor and after delivery (I will provide)
- My partner/support person to be near me the whole time, with the exception of procedures (ex: epidural)
- To walk and move around as much as possible
- Other \_\_\_\_\_

### I would like to try the following techniques to manage my comfort:

- Only what I ask for at that time
- Whatever is suggested by my health care team at that time
- Medicine
- Epidural
- Shower (if appropriate)
- Breathing and relaxation techniques
- Hot/cold therapy
- Birthing ball (I will provide)

- Self-hypnosis
- Massage (by my partner/support person)
- Other \_\_\_\_\_

### During a vaginal birth I'd like:

- To view the birth using a mirror
- To touch my baby's head as it crowns
- If at all possible, to give birth without an episiotomy (minor surgery that widens the opening of the vagina during childbirth)
- My partner/support person to cut the umbilical cord
- To have private cord blood donated (I will arrange)

### After the birth (if my baby is stable), I would like to:

- Have skin to skin contact as soon as possible
- Hold my baby immediately after delivery
- Hold my baby after he or she has been wiped cleaned
- Breastfeed my baby

### Pediatrician/baby's doctor is:

### I plan to:

- Breastfeed only
- Formula feed only
- Do both breastfeeding and formula feeding
- Use a pacifier

### If we have a boy, a circumcision should:

- Be performed (a circumcision consent will need to be obtained before procedure)
- Not be performed

### Below are my specific requests:

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### Specific cultural/religious preferences:

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## Piercings

Please let us know where your piercings are located. They must be removed prior to labor/delivery/anesthesia (no exceptions).

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## Approval of my birth plan

This will be an ongoing discussion during your pregnancy, delivery, and postpartum experience with your health care team.

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Print Name

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Signature

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Date

Birth plan discussed with provider

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Provider Name

This birth plan is not a legally binding agreement. Your signature reflects your hopes for this birth experience, but you are free to change your mind about anything in this plan. We invite this discussion with you during your pregnancy, labor, and postpartum experience. However, how we act upon the wishes expressed in this birth plan will depend on you and your baby's actual health care needs.