

**BIRTH PLAN FOR \_\_\_\_\_**

Thank you for choosing UNC Rex Healthcare Women’s Center. Our goal is to provide excellent care for you and your baby. Please feel free to download this birth plan and personalize it so we are able to know your preferences for your birthing experience. Please discuss your birth plan with your providers prior to your admission so they may answer any questions you have. Make sure you bring a copy for us when you are admitted. We look forward to seeing you!

**Activities**

- \_\_\_\_\_ Partner in delivery room
- \_\_\_\_\_ Walking
- \_\_\_\_\_ Reading
- \_\_\_\_\_ Slow dancing
- \_\_\_\_\_ Changing positions
- \_\_\_\_\_ Rocking
- \_\_\_\_\_ Rhythmical movements
- \_\_\_\_\_ Using birth ball
- \_\_\_\_\_ Breathing techniques
- \_\_\_\_\_ Relaxation techniques
- \_\_\_\_\_ Showering
- \_\_\_\_\_ Chanting
- \_\_\_\_\_ Praying
- \_\_\_\_\_ Music/Singing
- \_\_\_\_\_ Standing
- \_\_\_\_\_ Kneeling

**Visualization**

- \_\_\_\_\_ Imagery
- \_\_\_\_\_ Focal point
- \_\_\_\_\_ Reading
- \_\_\_\_\_ Coloring
- \_\_\_\_\_ Pictures
- \_\_\_\_\_ Dim lighting

**Sense of Smell**

- \_\_\_\_\_ Lotions
- \_\_\_\_\_ Aromatherapy
- \_\_\_\_\_ Pillow from home
- \_\_\_\_\_ Baby clothes

**Sense of taste**

- \_\_\_\_\_ Lollipops
- \_\_\_\_\_ Popsicles
- \_\_\_\_\_ Ice chips
- \_\_\_\_\_ Clear liquids
- \_\_\_\_\_ Toothpaste/mouthwash
- \_\_\_\_\_ Lip balm

**Sense of Touch**

- \_\_\_\_\_ Ice pack
- \_\_\_\_\_ Warm blanket
- \_\_\_\_\_ Socks
- \_\_\_\_\_ Heating pad/warm compress
- \_\_\_\_\_ Hot water bottle
- \_\_\_\_\_ Alternating hot/cold
- \_\_\_\_\_ Holding hands
- \_\_\_\_\_ Hugging
- \_\_\_\_\_ Stroking with fingertips
- \_\_\_\_\_ Massage
- \_\_\_\_\_ Light/firm stroking to stomach
- \_\_\_\_\_ Kissing
- \_\_\_\_\_ Tennis ball to lower back
- \_\_\_\_\_ Squeezing tension relief ball
- \_\_\_\_\_ Shower massage
- \_\_\_\_\_ Touch relaxation
- \_\_\_\_\_ Vibrating pillow/massager
- \_\_\_\_\_ Washcloth to face/neck

**Other options**

- \_\_\_\_\_ Intermittent fetal monitoring
- \_\_\_\_\_ Continual monitoring if needed
- \_\_\_\_\_ IV Saline lock
- \_\_\_\_\_ IV pain medication
- \_\_\_\_\_ Nitrous oxide
- \_\_\_\_\_ Epidural
- \_\_\_\_\_ Forceps if needed
- \_\_\_\_\_ Vacuum extractor if needed
- \_\_\_\_\_ Push while reclining
- \_\_\_\_\_ Push in different positions
- \_\_\_\_\_ Push spontaneously
- \_\_\_\_\_ Push as directed
- \_\_\_\_\_ Episiotomy
- \_\_\_\_\_ Partner to cut the cord
- \_\_\_\_\_ Donate cord blood
- \_\_\_\_\_ Delay cord clamping
- \_\_\_\_\_ Camera or videotaping after delivery

**More options**

- \_\_\_\_\_ Breastfeeding
- \_\_\_\_\_ Skin to skin
- \_\_\_\_\_ Assist with first bath
- \_\_\_\_\_ Baby bathed in our room
- \_\_\_\_\_ Rooming-in
- \_\_\_\_\_ Circumcision
- \_\_\_\_\_ Newborn pictures
- \_\_\_\_\_ Partner present for cesarean delivery
- \_\_\_\_\_ Skin to skin in the OR/Recovery Room
- \_\_\_\_\_ Take home placenta
- \_\_\_\_\_ Partner spend the night
- \_\_\_\_\_ Early discharge-discussed with providers

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

