Cleveland Clinic
Martin Health

My Birth Preferences

This document is intended as a communication tool between patient and healthcare team intended to provide the healthcare team with the patient's preferences. It is important to remember that one plan does not fit all and each woman's labor and birth is unique. There may be some circumstances, for the safety and well-being of mother and baby, which would prohibit the selected birth preferences from being followed. As such, use of the preferences outlined below are at the discretion of the healthcare team, after evaluation of the circumstances of each individual labor and birth.

This document is provided to you by Cleveland Clinic Martin Health working in partnership with your OB Practice Physicians and Midwives

Mother's Name _____ Partner's Name _____

Due Date _____ Hospital Name _____

OB Physician Group Name _____

EARLY/ FIRST STAGE LABOR

Environment

☐ Aromatherapy ☐ Low lighting ☐ Battery operated candles
☐ Quiet room ☐ Music ☐ My own playlist on my device
☐ Wear own clothing

Mobility

☐ Stand Up ☐ In the shower
☐ Lying down ☐ In the bath tub
☐ Rocking chair ☐ Walking around

Hydration

☐ No restrictions unless medically indicated
☐ Clear fluids
☐ Ice chips

External Fetal Monitoring

☐ Intermittent ☐ Continuous ☐ Wireless

Pain Relief Offer

☐ Do not offer, I will ask if I desire it
☐ Offer if I appear uncomfortable
☐ Offer as soon as possible

Pain Relief Options

☐ Relaxation breathing ☐ Massage
☐ Hot or cold compress ☐ Birthing ball
☐ Positioning ☐ Peanut ball
☐ Water therapy ☐ Epidural
(bath, whirlpool, shower) ☐ Nitrous Oxide
☐ IV Pain medication

Labor Induction/Augmentation

☐ Performed only if medically indicated
☐ Cervical ripening agent (s)
☐ Pitocin
☐ Rupture of amniotic sac
☐ I prefer my amniotic sac
be allowed to rupture on its own

SECOND STAGE LABOR

Pain Relief Options

- ☐ Relaxation breathing
- ☐ Hot or cold compress
- ☐ Positioning
- ☐ Water therapy (bath, whirlpool, shower)
- ☐ IV Pain medication
- ☐ Massage
- ☐ Birthing ball
- ☐ Peanut ball
- ☐ Epidural
- ☐ Nitrous Oxide

Labor Induction/Augmentation

- ☐ Performed only if medically indicated
- ☐ Cervical ripening agent (s)
- ☐ Pitocin
- ☐ Rupture of amniotic sac
- ☐ I prefer my amniotic sac be allowed to rupture on its own

THIRD STAGE LABOR/ DELIVERY OF PLACENTA

Immediately Following Delivery

- ☐ Place baby on my chest – SKIN TO SKIN
- ☐ Partner/Coach to cut the cord
- ☐ Partner/Coach does NOT want to cut the cord
- ☐ I would like to cut the cord
- ☐ Delay cord clamping
- ☐ To bank the cord blood

Placenta

- ☐ To deliver placenta spontaneously
- ☐ To see the placenta before it is discarded
- ☐ I would like to take placenta home as condition allows. I will provide cooler for transport.

CESAREAN SECTION

If a C-section Is Necessary, I Would Like

- ☐ Partner/Coach present as condition allows
- ■ to stay conscious as condition allows
- ☐ My hands left free so I can touch my baby
- ☐ Please use a clear drape
- ☐ Screen lowered at delivery
- ☐ Pictures
- ☐ Immediate SKIN to SKIN
- ☐ Breastfeed in OR as Mom & Baby condition allows

SPECIAL CARE NEWBORN

In the Event My baby Requires Special Care

- ☐ I would like to breastfeed
- ☐ If unable to breastfeed due to baby's medical condition, I would like to pump
- ☐ To hold my baby whenever possible

THE MAGICAL HOUR

Baby's First Hour of Life

- ☐ I would like to keep my baby SKIN TO SKIN
- ☐ I choose to breastfeed exclusively and would like to do so as soon as possible within the 1st hour
- ☐ I would like to meet with a lactation consultant as soon as possible
- ☐ I choose to formula feed
- ☐ I do not want baby to be given a pacifier

BABY CARE

In the Event My baby Requires Special Care

- ☐ Medical exam performed in my presence
- ☐ First bath given in my presence
- ☐ First bath given by me
- ☐ I want my baby circumcised by OB Physician (To be arranged at OB office prior to delivery)
- ☐ First bath given in my partner's presence
- ☐ First bath given by my partner
- ☐ I do NOT want my baby circumcised
- ☐ I want my baby circumcised by my Pediatrician at their office