

## Sample Hospital Birth Plan

Thank you for helping us birth our child. If any of these requests could be granted, we would be ever so grateful. We do, however, understand that emergencies happen and complications arise so all of these may not be possible.

### Labor

- We are a Hypnobirthing family.
- Please do not offer pain meds (let me ask for them) and do not assess my pain levels or discuss/ask about pain.
- Please keep the room warm and dimly lit, if possible.
- After a 20-minute NST strip, please allow intermittent monitoring and permission to walk in the room and bathroom privileges.
- Please allow me to labor down to crowning.
- I decline antibiotics from unknown GBS status and would like to follow the CDC guidelines for intrapartum unknown GBS – no antibiotic risk factors are present (delivery before 37 weeks, ROM > 18 hours, temperature >100.4 F).

*Please let us know when we can take photos and if we can take any video footage.*

### Birth

- Please keep the lights dim if possible.
- Please no students or extra people in the room.
- Please no shouting, no forced pushing, no counting to 10 while pushing. Let me do this on my own.
- Please allow for restitution and refrain from pulling the baby out – let me push her out.
- Please no episiotomy, perineal massage, or perineal ironing. Warm perineal compresses would be appreciated though! They don't need to be sterile.
- If shoulder dystocia is suspected, please let me get on hands and knees.
- Please let me birth in a position other than lithotomy if that is working well.
- I would appreciate if you could put the baby directly on my chest (skin to skin).
- Please delay cord clamping until the cord has stopped pulsating (this can take several minutes) so she gets all of her stem cells and blood volume. We'd like to cut the cord.
- No erythromycin eye ointment – I do not have gonorrhea or chlamydia.
- Please allow the baby to stay skin to skin in my arms rather than the warmer.

*No chemicals on the placenta and do not send it to pathology –  
we would like to take it home with us.*

### Postpartum unit

- We would like to request a room with a sofa or bed that my husband can sleep on.
- Breastfeeding only.
- Please keep the baby in our room.
- We decline a septic workup on the baby for unknown GBS status, as this is not in line with the CDC guidelines. We are aware of the signs of infection in the newborn and will monitor for them.
- I would like to request an early discharge if stable.