MAXIMA WOMEN'S HEALTH

MY BIRTH PLAN

COMPILED BY MAXIMA WOMENS HEALTH

My OB/GYN _____ Based at _____

OB/GYN Contact Details - Phone: _____ / Email: _____

Emergency Person's Contact Details - Name: _____ / Phone: _____

At The Hospital

During Labour

Planning for ☐ Vaginal Delivery ☐ C-Section

☐ Induction - Type: _____

Support People Allowed in L&D Room

1. _____
2. _____

Medical Students ☐ Y ☐ N ☐ No Preference (N/P)

Atmosphere

Relaxation Techniques _____

_____

Breathing Patterns _____

Music Playlist _____

Massage Therapy _____

Lighting ☐ Dim ☐ Bright ☐ No Preference (N/P)

Aromatherapy ☐ Y ☐ N ☐ No Preference (N/P)

Labouring Tools

☐ Birth Squat Bar ☐ Peanut Ball

☐ Bouncing Ball ☐ Stool / Chair

Pain Management

Intravenous Line ☐ Y ☐ N ☐ No Preference

Epidural Anesthisia ☐ Y ☐ N ☐ No Preference

Narcotic Analgesia ☐ Y ☐ N ☐ No Preference

Medical Conditions I'm Looking After

☐ Anemia ☐ Placenta Previa

☐ Diabetes ☐ Preeclampsia

☐ GBS-Positive ☐ Previous C-section

☐ Gestational Diabetes ☐ STI-Positive

☐ High-Blood Pressure ☐ Other: _____

☐ Oliogohydramnios _____

Medications I'm currently on: _____

_____

_____

Allergies I Have: _____

_____

_____

During Active Labour & Birth

Pushing & Delivery Options

Lying on: ☐ Back ☐ Side ☐ Kneeling on Knees

Alternatively: ☐ Squatting ☐ Standing ☐ Water Bath

Warm compress after birth on perinium ☐ Y ☐ N

Cold Blood Banking ☐ Y ☐ N ☐ No preference

Fetal Monitoring ☐ Continuous ☐ Intermittent

Partner Positioning

I want them: ☐ In Front To See ☐ Next to Me ☐ N/A

Personal Birth View ☐ Use Mirror ☐ No preference

Medical Interventions

Necessary C-Section ☐ Y ☐ N ☐ Decide on Day

Vacuum and Forceps ☐ Y ☐ N ☐ Decide on Day

Episiotomy Consent ☐ Y ☐ N ☐ Decide on Day

☐ **None, unless medically necessary + approved**

☐ **RND - In case of emergency**

☐ **Necessary Surgical Interventions Allowed**

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For Baby After Birth

Immediately After Birth

Umbilical Cord Cutting ☐ Delayed ☐ Immediate

Who Cuts the Cord ☐ Dr. ☐ Mom (Me) ☐ Partner

Skin-to Skin ☐ Y - Me First ☐ Y - Partner First ☐ N/P

Baby's First Bath ☐ Delayed ☐ Immediate ☐ N/P

Baby Monitoring ☐ Continuous ☐ Intermittent

Vaccinations, Vitamins and Medication

☐ Hepatitis B Vaccine ☐ Vitamin K Injection

☐ Antibiotic Eye Ointment/Drops (Erythromycin)

☐ Oral Polio Vaccine (OPV 0) ☐ RSV Antibody (Flu)

☐ BCG (Bacille Calmette-Guérin - For All Types of TB)

☐ Other: _____

Feeding

☐ Breast-feeding ☐ Bottle: Donor Milk

☐ Bottle: Formula ☐ Combination Feed

Interventions

Circumcision ☐ Y ☐ N ☐ Not Applicable (N/A)

In-Hospital Nursery ☐ Y ☐ N ☐ No Preference

NICU Support ☐ No ☐ Only If Necessary

Medical Interventions ☐ No ☐ Only If Necessary

Surgical Interventions ☐ No ☐ Only If Necessary

Visitors ☐ Delayed ☐ Immediate ☐ N/P

People Allowed ☐ Immediate Family ☐ Limited ☐ N/P

Visitor Rules: _____

_____

_____

Religious & Spiritual Activities: ☐ Y ☐ N ☐ N/A

_____

_____

_____

Postpartum

Immediately After Birth I Need

☐ Non-Medicated Pain Relief

☐ Medicated Pain Relief

☐ Guidance on Breast-Feeding and Lactation

☐ A Good Meal: _____

Postpartum Care Methods

Assistance With Settling and Soothing Baby

☐ At Hospital ☐ At Home ☐ For Travel ☐ N/P

For Personal Maintenance I Need ☐ Post-P Therapy

☐ A Quiet Environment ☐ Limit Interruptions w/ Baby

☐ Partner & Family Involved In Newborn Care

Birth & Baby Memories

Keeping the Placenta

Keep the Placenta: ☐ Y ☐ N ☐ No Preference

Placenta Storage: ☐ Personal Storage ☐ Hospital Bag

Keeping the Umbilical Cord

Keep the Cord: ☐ Y ☐ N ☐ No Preference

Cord Storage: ☐ Personal Storage ☐ Hospital Bag

Other Baby Keepsakes

☐ Footprint/s in Clay ☐ Hair Collection ☐ Baby Photo w/ Dr.

☐ Video/s of Birth ☐ Photo/s of Birth

Additional Notes

Discharge and Follow-Up Guidance, Communication and Consent, Emotional Support, Mental Wellbeing Etc.

Your postpartum care will be guided by your recovery and your baby's needs.
These preferences help your healthcare team understand the support you would like, while allowing flexibility, confidence and preperation if medical care is needed.

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MAXIMA
WOMEN'S HEALTH

Providing The Standard Of Care Women Deserve

We're here to support, guide, and empower you every step of the way.

Whether you're looking for answers, or simply exploring your healthcare options, our team is ready to provide you with exceptional, compassionate care tailored to your needs.

Your Health, Our Priority. Connect With Us.

Request an appointment on our website today.

https://maximawomenshealth.com/

Disclaimer: This document is only a starting point, not a prescription. Nor is it treatment or a consultation with us.

It is merely a guide to be used at your own discretion.

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