

**My name is Alex Doe**, DOB 01/01/1985, No Known Allergies, Blood Type is O+  
Date of Last Menstrual Period (LMP) is 01/01/2021

Baby's name (and/or sex, if known), Estimated Due Date (EDD) is 10/07/2021

Pediatrician: Name and #, doesn't plan to visit us in-hospital

My partner's name is Sam Doe; my doula is Cynthia of The Happiest Doulas

Our goal is an unmedicated, low-intervention labor and birth.

### **Labor**

- I accept an INT/Hep-lock (IV port)
- Intermittent monitoring of the baby's heart rate and our contraction pattern
- If continuous monitoring becomes necessary, I prefer telemetry/wireless monitoring
- Minimal vaginal exams; 1 upon admission and 1 prior to pushing
- Please ONLY inform my doula/partner of the results of a cervical exam so they can facilitate new maneuvers to aid in labor.
- Move and change positions as needed and desired
- We are using hypnosis tracks and scripts throughout our birthing time.

### **Delivery**

- Push and deliver while squatting, on hands-and-knees, or side-lying; I prefer not to deliver on my back or semi-reclined
- I'd like your help in using a squat bar (the nurse will locate a bar and install it on the bed for you)
- Use of warm perineal compresses. We brought supplies.
- Avoid an episiotomy and tear naturally
- Place baby directly on my abdomen (not on a blanket) to begin skin-to-skin immediately following birth. A blanket can cover baby so that I may dry off him/her/them.
- Sam/Partner and I to discover the sex of our baby and announce it to everyone in the room
- Sam will cut the cord after pulsating has stopped.
- Allow the placenta to detach and expel naturally without pushing on my stomach or using pitocin
- We have a cord and tissue collection kit (or we plan to donate cord blood, if available)

### **Newborn Care**

- Uninterrupted skin-to-skin for the first hour. Please delay procedures until 1-hour following birth.
- We accept erythromycin eye ointment, Hepatitis B vaccine, and Vitamin K injection
- I plan to exclusively breastfeed. Please do not offer my baby a pacifier or bottle.
- Baby boy will be circumcised during our hospital stay