

BIRTH PREFERENCES

Name: _____ **Partners Name:** _____

Doula: _____ **Other support:** _____

Preferred Birthplace: _____

GBS: _____ **Antibiotic Rx Given:** _____

Ergot Given: _____ **Blood Type:** _____

Allergies & Reactions: _____

There are many holistic practices that midwives routinely use to promote normal birth and postpartum recovery. Examples include immediate skin-to-skin, delayed cord clamping, and avoiding unnecessary interventions. This document is designed to enhance communication between you, your partner and midwife/midwives so that we may best meet your desires for your birth.

After an informed choice discussion with your midwife about the risks of and benefits of the following procedures, including the community standard of care, please indicate your preference by initialing:

	ACCEPT	DECLINE
Vitamin K injection		
Erythromycin Eye Ointment		
Antibiotics for GBS + result		
Active Management of 3rd Stage of Labour		

Pain Management

Midwives are very supportive of un-medicated birth, so we do not routinely offer pain medications unless this is your preference or it is clinically indicated. We encourage methods such as shower or bath, TENS machine, massage, mobility, supportive talk, self-hypnosis. The following medications are however available to you in hospital should you choose, and can be beneficial especially if your labour is long or becomes complicated. Please ask your midwife for more information of each of the options.

1. Nitrous Oxide (laughing gas) – this is also available at the Arbour Birth Centre
2. Morphine with Gravol - this is primarily used in early labour
3. Fentanyl – this is primarily used in active labour
4. Epidural – this is primarily used in active labour

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At any time during labour you are allowed to change your mind, shift plans or re-discuss your intentions with your midwife. This is intended to open a dialogue with your midwife regarding your current plans and intentions for labour. **Please circle which option best describes your wishes for pain management during your birth:**

- 1.** An un-medicated birth is very important to me – I wish to avoid all pharmaceutical pain management options if at all possible, and wish to try all other alternatives before exploring other options. I do not want my midwife to offer pharmaceutical pain management unless she determines it may be clinically important or useful.
- 2.** I desire an un-medicated birth, but am open to all options in the moment of birth, and would like decide what I need as labour progresses.
- 3.** I plan on using pharmaceutical pain management during my labour.

Additional thoughts or plans for for your birth (including “code words” for epidural, hopes, intentions, fears, etc) that you would like to share with your midwife:

Wildcards

Birth has the ability to impact our psyche, just as our psyche can impact birth. Due to the vulnerable nature of birth, wildcards such as a strained relationship with your mother, or loss of your mother, strain in your romantic relationship, or a history of sexual violence can surface and complicate your birth. If there is anything that may arise for you, or make you feel unsafe, please indicate and share this with your midwife. Please indicate if you consent to us sharing this information with other healthcare providers in the event we need to collaborate, to ensure your receive sensitive care from all providers.

Consent to Share

Signature: _____

Print Name: _____