

Congratulations on your upcoming birth!

We are so thankful you chose us to be a part of your birth story! We have built a guide for your birth plans where you can add and/or change any elements, or, you may print and bring in your own! We have tried to answer some of the most common questions around birth plans below! When your plans are complete, bring these with you to your appointment and we can review them together! We encourage you to print a copy of your plans and take them with you to the hospital.

- **Environment:**

- Candles are not allowed. However, battery operated lights are!
- Staff is typically limited except in the case of emergent situations. Standardly, a nurse and a tech are present for every delivery in addition to your provider.
- If you plan to use a yoga ball, we would encourage you to bring your own. These are of limited supply at the hospital, however, peanut balls are present in every room!

- **Labor:**

- IV heplucks are required per hospital policy. With a hepluck, you still have the ability to move freely and are not connected to any IV lines!
- The hospital does have some wireless monitoring options to also support free movement. If there are any risk factors of the pregnancy with either you or baby, or, in the event of an induction/augmentation, continuous monitoring is required.
- Visitation varies per season based on hospital policy. Ask us close to time of anticipated delivery what the current policy is as this does change occasionally!

- **Pain relief:**

- There are select IV pain medications that are safe and effective to use for labor pain management. Talk to us about these if you have questions!
- We encourage you to bring things to use as distraction tools such as a comb, stress ball, TENS unit, etc.
- Atrium Navicent no longer has birthing tubs available for hydrotherapy.

- **Delivery:**

- **Monitoring is required during delivery.**
- **You are free to deliver in any position you would like if you are without an epidural as long as we are able to monitor the baby's wellbeing!**
- **We standardly delay cord clamping until after pulsation has ceased unless there is any event/cause for concern in either you or baby**
- **We standardly ask the support person if they would like to "cut the cord" .**
- **Skin to skin after birth is encouraged (again, unless there is any cause for concern for you or baby!)**
- **Pitocin is standardly given after delivery to ensure the contractibility of the uterus and is evidence based practice to reduce risks of postpartum hemorrhage.**

- **All things baby:**

- **Feel free to start breastfeeding right away! We and your nurses will help. Lactation support is available at the hospital and will also visit and assist you!**
- **The bath is standardly delayed for 12hrs now based on the latest evidence based practice unless recommended prior to then for specific medical conditions.**
- **Weight, measurements, assessment and vaccines are performed between the 1-2hr mark after birth.**
- **Vitamin K is encouraged and recommended. Feel free to visit the CDC website and AAP website for additional information. If baby is a boy and you are wanting a circumcision, Vitamin K is required prior to procedure.**
- **Circumcisions are performed in the procedure area of the nursery. Parents are not allowed to enter the nursery.**
- **Pacifiers are not available at the hospital. Feel free to bring your own if you'd like!**

Cesarean Deliveries

We understand this is not the most desired route of delivery for many women! However, occasionally, this is the recommended route for the safety and wellbeing of either you and/or baby! We take the time to clearly communicate what we are seeing and/or finding that leads us to this decision. We have tried to list information below that may answer many of your questions and concerns. Feel free to talk with us if you have more!

- In the event of an emergency, cesarean deliveries are appropriately expedited for optimal health for you and baby. We discuss the need, anticipated timing, and review the procedure, risks and routine expectation all while preparing for your transfer to the operating room.
- In the event that a “labor epidural” is not in place in an emergent situation, general anesthesia is administered. There are no support persons allowed in the operating room if general anesthesia is performed.
- In non-emergent situations, one support person may be with you for the surgery. After departure from the operating room, you will be transferred to the recovery room where you will be monitored for approximately 2 hours. This SAME support person may be with you during this time as well.
- In non-emergent situations, cord clamping is typically delayed approximately 30–60 seconds. Due to sterility compliance, the support person is not allowed to “cut the cord” .
- After delivery of your baby, he/she is taken to a “stabilization” room for a brief initial assessment. This room is attached to the operating room you are in. Your support person will be able to bring baby out to see you as soon as the team feels the infant is stable enough to do so.
- Skin to skin is encouraged to be performed in the recovery room as soon as you and baby arrive! After the initial assessment in the stabilization room, baby is briefly taken to the nursery where he/she is weighed, measured, and a full assessment is performed. Your support person will follow baby to the nursery for this. In the interim, we are completing your cesarean. You and baby typically meet back up in the recovery room within 10 minutes of each other. Breastfeeding assistance is offered in the recovery room!
- Cesarean delivery does increase hospital stay to 48–72 hours versus the standard 24–48 for a vaginal delivery.



Birth Plan of:

 Celebrating the birth of :

 Support Person:

Method

- Vaginal
- Cesarean
- VBAC

Environment

- Dim lighting
- Music
- Minimal interruptions
- Wear my own gown/clothing
- Limited Staff (no nursing students)
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Delivery

- Be coached through pushing
- Touch baby's head while crowning
- Use mirror to see progress/baby
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Pain Relief

- Epidural
- IV pain meds
- Relaxation/Breathing/Natural methods
- Do not offer meds
- Talk to me about options
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After Birth

- Skin to Skin
- Partner (or I) will cut cord
- Gentle wipe down before skin to skin
- Save the placenta
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All things BABY:

- | | | |
|--|--|-----------------------------|
| <input type="radio"/> Partner will announce gender | <input type="radio"/> No Circumcision | <input type="radio"/> ----- |
| <input type="radio"/> All vaccines as advised | <input type="radio"/> Delay bath until discharge | <input type="radio"/> ----- |
| <input type="radio"/> Delay Hep B injection | <input type="radio"/> Exclusively breastfeeding | <input type="radio"/> ----- |
| <input type="radio"/> Delay vitamin K injection | <input type="radio"/> Bottle-feeding | <input type="radio"/> ----- |

Additions:

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