



Come and see what all of the buzz is about!

BIRTH PREFERENCES

Client Name: _____ Partner's Name: _____

Doula/Support Person: _____

Preferred place of birth (circle): Home Hospital Undecided Arbour Birth Center

Allergies (and reaction to each): _____

Estimated Due Date: _____ Blood Type: _____

Group Beta Strep (GBS): _____ Antibiotics at-home: Yes No

Plans for the placenta: _____ Pictures: _____

No matter who your care provider is, and no matter where you have your baby, these practices are now universal and considered the standard of care (if your baby is born well):

- **Immediate Skin-to-skin**
- **Delayed cord clamping**
- Avoiding **unnecessary interventions**
- Involvement of the partner (as much as the person is able and willing to participate in) during the labour and birth

This document is designed to improve the clear communication between you, your partner, your birth support people, and your care provider/team so that everyone can be aware of your desires for your birth experience

Please indicate your preference of each of the following recommendations (and standard of care) for medications for both you and baby:

Medication	Accept	Decline	Notes
Vitamin K – injection for baby			
Antibiotics for GBS+ result if in labour, or if water breaks before labour starts			
Antibiotics for GBS+ result if risk factors occur			



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Oxytocin – injection for the delivery of the placenta (third stage of labour)			
Blood products during an emergency that would be considered life-saving			

Pain Management:

Midwives are very skilled at supporting a client during their labour and birth. Pain medications are available if required in certain settings and it is recommended that clients equip themselves with the following methods and tools when preparing to cope in labour:

- **TENS machine** – available for rent at Bump, Birth & Beyond
- **Massage device** – hand held, or partner to massage client’s back/pelvis
- **Shower and bath** – baths are discouraged if your water has broken
- **Tylenol (1000 mg)and Gravol (50 mg)** every 6-8 hours as needed
- **Tylenol-Nighttime** (1000 mg of Tylenol with Benadryl) every 6-8 hours as needed

Some people may need formal pain relief medications to cope with labour. These are readily available at the hospital and cannot be given at-home/at the birth center:

- **Morphine and Gravol** (early labour, lasts about 4-6 hours)
- **Fentanyl** – active labour, short acting
- **Epidural analgesia** – active labour, safest for long-term pain relief for baby
- **Entonox “Laughing Gas”** - can be used in labour, available at the hospital and at the Arbour birth center

Please **circle** which option best describes your plans for pain management during your birth:

1. An unmedicated birth is very important to me. I plan to avoid all pharmaceutical pain management options if possible and want to try the alternative listed before exploring other pain management options. I only want the team to recommend and offer pain relief medications if it may be clinically important.



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2. I desire an unmedicated birth, but I am open to all options as my birth experience unfolds and would prefer to decide what I need as the moments and stages of labour unfolds.

3. I plan on using pharmaceutical pain management during my labour.

Please describe how your partner and/or support people plan to be involved during the labour and birth:

Wild cards: Birth has the ability to influence our psyche just as much as our psyche can influence our birth experience. Due to the vulnerable nature of birth it is important for you to reflect on how recent and past events can shape your labour and birth experience. Please consider speaking to your care team if you are experiencing strain in your relationship (with your partner, or parent), if you have a known/suspected history of sexual assault/violence, or if there is anything that could make you feel scared and/or unsafe during your labour and birth. Please include whether you would like the care team to share the information with other health care providers that may be providing care to you during labour and birth.

Anything else you wish to disclose, or mention?

Client name: _____ Signature: _____