

## Summary of Wishes

A natural, unmedicated birth with minimal monitoring or disturbances. Intervention only if absolutely necessary and husband to accompany me at all times. Immediate skin on skin and delayed cord clamping.

# Birth Plan

## About Me

**Name:** Ellie Jakes

**DOB:** 08.01.1996

**Midwife:** Claire Smith, NLAG Barton Unit

**Doctor:** Dr C. Patan

**Birth Partner:** Husband, Sam Jakes

**Due Date:** 7/04/23

**Planned Place of Birth:** St Mary's Hospital

## My Health

**Medications:** No medications

**Allergies:** Gluten, penicillin

**Health Conditions:** None, low BMI recorded

**Planned Birth Type:** Vaginal hospital birth

**Previous Birth(s) details:** Vaginal Home Birth with hospital transfer

## Labour Preferences

### Positions and Labouring

- Use of birthing ball
- Use of water; shower & bath
- As much movement as possible
- All fours or rocking
- Counter pressure on back from partner

### Environment

- Have own music
- Dimmed lighting and own projector
- Have partner present at all times
- Happy to have student midwife or doctor present

### Monitoring

- No continuous monitoring if possible
- Doppler OK if intermittent
- Minimal vaginal exams

### Pain Relief

- Own TENS machine
- Gas & air if needed
- No opioids
- No epidural

## Birthing Preferences

### During Pushing Phase

- NO coached pushing
- No episiotomy
- Partner to apply pressure to perineum to reduce tearing
- Push on all fours or side
- No lying on back or stirrups
- Baby delivered into my hands
- Baby placed immediately on my skin

### In Event of Caesarean

- Would like own music
- Skin on skin if possible
- If unable, partner to hold baby/have skin on skin
- Would like drape removed or lowered for birth of baby
- In case of general anaesthetic, partner to have skin on skin and undisturbed as possible

## Post Birth Preferences

### Upon Baby's Arrival

- Partner to announce sex of baby
- No oxytocin injection
- Physiological third stage
- Leave cord until stopped pulsing
- Allow Vitamin K for baby
- Don't wipe or wash baby
- Leave baby on skin for as long as possible (if safe)

### Recovery

- Stiches avoided if possible
- If I need help showering, partner to stay with baby
- Happy to have support with breastfeeding if needed
- No gluten-containing foods offered due to allergy

### Baby

- No swaddling
- Breastfed - no formula to be given without explicit consent
- Dressed by myself or partner

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Positions and Labouring

Environment

Monitoring

Pain Relief

## Birth Preferences

During Pushing Phase

In Event of Caesarean

## Post Birth Preferences

Upon Baby's Arrival

Recovery

Baby

# Extra Notes

Me and My Health

Labour Preferences

Equipment or Resources

Birth Preferences

Post Birth Preferences