



Your Birth Preferences Plan

Thank you for choosing to have your baby at Eisenhower Family Birth Center. We appreciate the fact that every birth is a unique and intimate experience, and we have the expert staff, facilities, and excellent quality and safety standards to take the best possible care of you and your baby.

As the big day approaches, you may be thinking about ways to make your baby's birth experience more meaningful for you and your loved ones. We encourage use this form as a guide to help you decide your wishes, so we can help provide the environment that will make you most comfortable — physically and emotionally.

This plan is not a contract and can be modified at any time. It's important to understand that every birth is different, so it's not possible to predict the course of your labor. We ask that you be prepared to adjust your birth preferences if it becomes medically necessary to do so. As long as your safety or that of your baby is not compromised, our goal is to stay as true to your plan as possible.



Please use this document to spur your thinking and record your wishes for your delivery. Then you can enter the relevant information in to your MyChart account for your caregivers to access.



OUR PHILOSOPHY AND PRACTICES

We adhere to the following evidence-based standards of care:

- Encourage vaginal birth
- Encourage movement while in labor
- Encourage eating and drinking in labor, unless otherwise medically indicated
- Support women who choose to have an unmedicated birth and encourage them to bring support people to help make this possible
- Support women who desire pain medication with 24/7 availability of anesthesia (these options are discussed upon your arrival in labor and can be modified at any time)
- Do not perform routine enemas, shaving or episiotomies
- Routinely delay clamping the umbilical cord after delivery, unless baby is having difficulty transitioning
- Believe breast milk is the best nutrition for your baby and that breastfeeding promotes unique health benefits for mom and baby that last a lifetime
- Support breastfeeding with an International Board Certified Lactation Consultant (IBCLC) as needed
- Do not offer babies formula without a medical reason and parents' permission
- Encourage skin-to-skin contact as soon as the baby is born, as long as the baby is transitioning safely
- Routinely delay procedures and first bath to enhance bonding and promote breastfeeding

Your Individual Birth Preferences

Please mark your preferences and bring this with you to your next prenatal appointment as well as upon arrival at Eisenhower Family Birth Center.

LABOR ENVIRONMENT	
I would like to have the following:	
<input type="checkbox"/>	My support team in the room (possibly limited to one person due to COVID-19; will be addressed at time of delivery):
<input type="checkbox"/>	Dim lights and soft voices
<input type="checkbox"/>	To be able to play my own music
COMFORT MEASURES	
I would like to have the following:	
<input type="checkbox"/>	Essential oils
<input type="checkbox"/>	To discuss my medication options if you see that I am having difficulty coping with the discomforts of labor
<input type="checkbox"/>	IV narcotics
<input type="checkbox"/>	Nitrous oxide (may not be available due to COVID-19; will be addressed at time of delivery)
<input type="checkbox"/>	An epidural (regional anesthesia)
<input type="checkbox"/>	Hydrotherapy in the shower
LABOR INTERVENTIONS	
I would like to:	
<input type="checkbox"/>	Discuss natural options for helping labor progress, if necessary
<input type="checkbox"/>	Limit vaginal exams, unless medically indicated
<input type="checkbox"/>	Have intermittent fetal monitoring unless continuous monitoring is medically necessary
<input type="checkbox"/>	Have a saline lock placed when my blood is drawn during hospital admission. I understand this will allow IV access for medications and hydration, if needed, but will allow me freedom of movement during labor.

DELIVERY

When pushing, I would like to have the following options:

- To be offered coaching if needed
- To be given a choice to push in whatever position feels most comfortable (such as standing, side lying, squatting, semi-sitting, or hands and knees). I understand that this may not be possible if I have an epidural.
- To use a mirror to see the baby as it crowns

If a cesarean birth is necessary, I would like to have the following:

- My partner present (please list name here):
- The baby placed skin-to-skin post delivery (unless the baby is not transitioning well)

After the birth, I would like to have the following:

- To keep my placenta (I will sign a consent, as well as provide a container and arrange to have it removed from Eisenhower Family BirthPlace within 2 hours after delivery)
- Cord blood collected for banking (I have provided a cord collection kit)
- My partner to cut the umbilical cord
- My partner to stay with the baby during routine care procedures (if the baby and I need to be separated)
- Other _____

POSTPARTUM

Once my baby is born, I would like:

- Uninterrupted time with my baby during the Golden Hour, no visitors during this time please

FEEDINGS

I would like to:

- Breastfeed my baby (and receive assistance from the Lactation Consultants, as needed)
- Bottle feed my baby formula. I have been counseled about the benefits of breastfeeding and the risks of formula and how to prepare it.

ADDITIONAL BIRTH PREFERENCES

I would like to have the following:



Other Helpful Information

Breastfeeding Support

Breastfeeding is one of the most important decisions a woman makes for her child. Our Lactation Services will help ensure a good breastfeeding routine. Lactation Services staff consists of Registered Nurses and Internationally Board Certified Lactation Consultants. Our goal is to help women with breastfeeding and parenting through education, counseling and support.

Support Groups and Classes

New babies bring a lot of changes, and not just the diaper kind! Our childbirth preparation classes can help parents get ready for the new arrival and provide support after as well.

Eisenhower Family Birth Center

- 14** labor, delivery, recovery, postpartum (LDRP) rooms
- 8** private bed, newborn intensive care unit (NICU)
- 2** operating rooms for C-sections
- 4** obstetrical emergency rooms
- 7** postpartum rooms