

Healthy beginnings

PRENATAL INFORMATION FOR WOMEN AT KAISER PERMANENTE

Your Birth Plan

As the day of your delivery approaches, you may be thinking about what labor will be like and how you can have a good experience. One way to communicate your preferences to the labor and delivery staff who will care for you is to create a birth plan.

A birth plan is not a contract. You can change your plan at any time. Since we cannot know exactly what the birth of your baby will be like beforehand, we cannot guarantee that all of your preferences will be appropriate for your labor. However, we will work with you to keep your birth experience as close to what you want as possible, while keeping the safety of your baby and you our most important priority.

Kaiser Permanente's philosophy

It is our intention that every woman be treated with respect for her individuality and personal preferences. In keeping with this philosophy, we ...

- ☞ support women who would like a birth that is unmedicated, and advocate for having persons present to help and support this decision.
- ☞ support women who have a preference for a birth that is as pain free as possible by using medicine for pain or epidural anesthesia at a suitable time in labor.
- ☞ strongly recommend childbirth preparation classes. Even for women planning on using pain medication, childbirth classes help develop the skills necessary to deal with early labor.

- ☞ support movement while in labor as it often helps labor to progress.
- ☞ do not order routine enemas, shaves, or episiotomies.
- ☞ recommend that you check with the hospital where you will be giving birth to familiarize yourself with your hospital's labor and delivery policies and to find out if they offer tours of labor and delivery.

In addition to creating a birth plan, there are a few things that you can do to feel more at home while you are in labor. This includes bringing ...

- ☞ photographs, flowers, or familiar objects that might be comforting to you, such as a special blanket, pillow, or something that might serve as a focal point while you breathe through your contractions. Your labor room is your bedroom; make it cozy!
- ☞ music and a battery-powered player (CD, tape).
- ☞ a cooler with food and drink for your birth coach. You may also bring clear liquid drinks for yourself. Your preferred drink may not be available at the hospital.

Above all, Kaiser Permanente is committed to ensure that all mothers, babies, and families have a healthy and safe birth experience.



Your Birth Plan

(This section is optional)

IMPRINT AREA

Instructions

Check off all of your preferences for childbirth. Once you have completed your birth plan, bring it to your next prenatal appointment so you can discuss it with your medical professional. Your birth plan will be put in your chart so the medical and hospital staff can review it when you are admitted to labor and delivery.

Please realize that certain circumstances that arise during labor may limit the number and kinds of choices you will have. Your doctor or midwife will discuss them with you during labor.

 MY DOCTOR, NURSE PRACTITIONER, OR NURSE MIDWIFE IS

Environment

- I would like to limit the number of guests and phone calls while I am in labor by disconnecting my phone and by having a sign posted on my door.
- I would like the lights in the room to be lowered.

Labor

- I would like to be out of bed as much as possible during labor (such as walking, rocking).
- I prefer to have intermittent fetal monitoring.
- If I need to have an IV, I would prefer to have a saline lock (a plug for your IV needle).
- I would prefer that the amniotic membrane “bag of waters” rupture naturally.
- I would like to meet the pediatric provider on duty if possible.

Pain management

- I plan on using alternative pain relief options (such as breathing exercises, visualization/relaxation, massage, shower, position changes). I will ask for pain medication if I need it.
- I would like to be offered pain medication if you see I am uncomfortable.
- I would like to have an epidural as soon as possible.

- I am considering having an epidural or using pain medication, but will decide when I am actually in labor.

Delivery

- I would like the option to be in a position other than lying on my back when I give birth if possible (such as semi-sitting, squatting, lying on my side, or on my hands and knees).
- I would like a mirror available to view the birth.
- I would like to touch my baby’s head as it crowns.
- I would like to hold my baby skin to skin immediately after delivery.
- I would prefer that the baby be dried off before being brought to me.
- I would like to have _____ cut the cord, if possible.

Postpartum

- I would like to delay newborn procedures (such as bathing, measuring, physical exam, eye medication, vitamin K injection) during the first hour so that I have a chance to feed and bond with my baby.
- I want all procedures that are done and all medications that are given to my baby explained to me before they are carried out by the medical staff.
- I would like to have the baby evaluated and bathed in my presence.
- If the baby must be taken from me to receive medical treatment, I would like _____ to accompany the baby.
- I plan on breastfeeding my baby.
- I would like to meet with a specialist who can help me learn to breastfeed effectively.
- I would like to be consulted before my baby is given a bottle or pacifier.
- If I have a boy, I do/do not (**circle one**) plan on having him circumcised at Kaiser Permanente.

Other

PATIENT SIGNATURE

DATE

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.