

## Example of a simplified birth plan

Name: Laura Odom

Due date: 7/26/2016

OB Provider: Leslie Arnold, CNM/Dr. Heather Morrison

Allergies: amoxicillin – hives

Medications taken during pregnancy: Prenatal vitamin 1 tablet 1x/day; Baby aspirin 81 mg 1x/day; Tylenol as needed

Significant health history: Gestational diabetes – diet controlled; Asthma; previous vaginal delivery in 2006

I don't want the hospital to acknowledge that I am a patient. The few visitors I would like to have can contact us personally to find our room. (Only one visitor [support person] allowed during COVID precautions).

I plan to have an epidural during labor.

I would like to try hydrotherapy during labor, if possible.

I would like the room to remain quiet while I am laboring, with the lights dim and quiet music I plan to bring with me.

I would like my husband, Zach Odom, and my mother, Kathy Hortenstine, in the room during delivery.

My husband, Zach Odom, would like to cut the baby's umbilical cord after delivery.

I would like to hold my baby skin to skin immediately after delivery until the completion of our first breastfeed. I understand that this may change if I, or my baby, need immediate medical attention.

I would like to avoid the use of pacifiers, bottles, and supplementing with formula unless medically indicated. I plan to exclusively breastfeed my baby while in the hospital. If supplementation is necessary, I would prefer to use Donor Human Milk.

My baby's pediatrician after discharge is Dr. Randall Schumacher.

If Cesarean is necessary...

I would like my husband, Zach, to be in the operating room with me.

If my baby must go to the nursery for observation, or to the Neonatal Intensive Care unit, I would like my husband to go with my baby.

If my baby is healthy I would like to try skin to skin contact in the operating room. If this is not possible, I would like to have skin to skin contact and breastfeed in the recovery room.

It is important to me to get up and walk around as soon as possible.