

BIRTH PREFERENCES

Name: Anne Jones

Partner's name: James Jones

Preferred place of birth: Midwife Led Unit

Important information:

I am using hypnobirthing techniques to keep me calm and in control during labour. I would like my partner, James, and my Mum, Sue, with me all of the time for support. I would like to use the birthing pool if possible, be as upright and mobile as I can and avoid any interventions and drugs.

During early/latent labour:

- I will stay at home for as long as possible
- I will use my hypnobirthing techniques to remain relaxed

During active labour:

- I would like to use the birthing pool
- I will have battery operated tea lights/fairy lights in the room
- I will be playing relaxation MP3's
- Minimal people in the room
- Lights will be dimmed
- I will be eating and drinking to keep my energy up

During 2nd stage of labour:

- I would like not to be coached when pushing
- I do not want my legs up in stirrups
- I would like my partner to reveal the gender of the baby

During 3rd stage of labour:

- I would like delayed cord clamping, if possible
- I would like James to cut the cord
- I would like a physiological 3rd stage
- Only administer the oxytocin injection if absolutely necessary



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Postnatal:

- I would like immediate skin to skin with my baby and to be left alone for the first hour following the birth
- I would like to breastfeed my baby
- I would like my baby to have the Vitamin K injection

Interventions:

- I would like time to discuss important decisions with my partner
- I would prefer my baby to be monitored using a doppler rather than a CTG, but if it is deemed necessary, I would like telemetry
- I am aware of my pain relief options and will ask for them if needed
- I would like to avoid vaginal examinations as much as possible
- I would like to avoid induction if possible and will extra monitoring if required
- If induction is deemed necessary, I would like to continue with my birth preferences as much as possible
- If an instrumental birth is deemed necessary, I would like to continue with my birth preferences as much as possible
- If a caesarean is deemed necessary, I would like my partner to reveal the gender of the baby. Please can all monitoring to be placed on my back and my gown on backwards so I can have immediate skin to skin with my baby. I would like delayed cord clamping, if possible.

