

Your Personalized Birth Plan

A birth plan is a valuable tool for communicating your desires for such things as pain relief, delivery methods, infant feeding and newborn care. While it's important to remember that we can't predict what will happen during your labor and delivery, we'll do our best to help you have the birth experience you want.

To help you get started on a birth plan, we've created this template for you to complete.

BIRTH PLAN FOR

Your Name _____

I would like this person to be present during my labor and at my baby's birth: _____

During labor, I would like to try these pain-relief options:

- A non-medicated birth
- Laboring in the bathtub
- An epidural
- Other: _____

I would like this person to cut the umbilical cord (name of loved one or your caretaker). _____

For my placenta I would like to

- Take it home
- Dispose of it

I would like my baby to have these medications after birth:

- Vitamin K shot
- Erythromycin ointment
- Hepatitis B vaccine
- No medications

I plan to:

- Breastfeed
- Formula feed

Visitors List

Before you get the hospital please email a complete visitors list to: FBCconciierge@bch.org

People who can visit my room anytime:

People I do not want to visit my room:

Additional requests:
