



Queensway Carleton
Hospital

BIRTH PLAN

My name is _____ Date: _____

Getting to Know Me:

What I would like you to know about me (including my cultural specific preferences):

I am part of a research study (such as stem cell donations): _____

My support person(s) during labour are: _____

They will support me by:

I would also like you to know about me/us (any important issues, fears, concerns):

I have attended....

prenatal classes

hospital tour (On-line)

First Stage of Labour... Coping with Contractions:

I would describe myself as a “_____”, using the Pain Preference Scale in the Guide to Completing Your Birth Plan

This means to me:

Women have found the following comfort measures helpful when coping with the discomforts associated with contractions. I would like the nurse to assist me and my partner with the following comfort measures during my labour

- tub bath/Jacuzzi/shower
- walking
- use many pillows (may bring your own)
- wear my own clothes/night wear
- massage
- hot/cold compresses
- listen to my own music
- use of Nitronox (self-administered combination of Nitrogen and Oxygen)
- use the birthing ball
- use my own “focal” point
- use T.E.N.S. (Transcutaneous Electrical Nerve Stimulator)
- use narcotics
- have an epidural
- other _____

Second Stage:

My nurse will help me find different, comfortable positions during the pushing stage of my labour.
Positions that I would like to try:

The Birth of Your Baby:

After my baby is born, I would like to:

- have _____ cut the umbilical cord
- have my baby put on my stomach right away
- have my baby wrapped in a blanket before holding
- have _____ diaper my baby for the first time
- have _____ take pictures/video after the birth
- other _____

After the Birth of Your Baby Until You Go Home:

The Mother/Baby unit believes in keeping mothers and their babies together. Nursing staff will support and help you and your family care for your baby in your room.

I am planning to:

- breastfeed formula feed
- I had problems breast-feeding my first baby and may need some help this time

During my stay on the mother-baby unit I would like to:

- be present during my baby's examinations (admission and discharge)
- be present during any tests my baby may be having (i.e. PKU/TSH heel prick blood test)
- have the nurses show me and _____ how to do a baby bath and care for my baby
- give my baby's first bath on my own
- have _____ give the first baby bath
- have our baby boy circumcised
- other _____

After going home these people will be helping:

Additional comments:

Your care providers at the Queensway Carleton Childbirth Centre hopes to accommodate your Birth Plan as much as possible. However, situations may arise that could change your plan.