**Birth Plan for Irina Thiery**

**Due date Nov 3rd, 2018**

My husband and I have given careful consideration to each specific request in our plan, and we feel that it represents our wishes at this time. We realise that as labour ensues, I, as the mother in labor, may choose to change our thinking and wish to feel free to do so.

We're looking forward to a normal, natural birth and understand that these choices presume that this will be the case. Should a special circumstance arise that could cause me to deviate from our planned natural birth, we trust that you will provide us with a clear explanation of the special circumstance, the medical need for any procedure you may anticipate, and what options might be available. In such an event, please know that you will have my complete cooperation after I have had an explanation of the medical need and have had the opportunity to discuss the decision with my husband.

In the absence of any special circumstance, we ask that the following requests be honored.

Thank you in advance for helping me obtain my wish for a joyous, memorable, and most satisfying natural birth.

Please make this information known to any other doctors or midwives who may be attending the birth of my daughter, Emma.

Irina Thiery

Medical Record Nr:

**Pre-admission,** I request:

1. Consider inducement ONLY if there is medical urgency and after very discussing it with me and my husband!
2. I do not wish to be induced with articificial oxytocin such as pitocin/syntocinon.
3. Only rupturing the membrane if medically required, then I would like to start labour on own time, even to go home, and please allow at least 24 hours before further intervention.
4. No vaccination, not even for Zicca, Tdap, Hepatitis B or the flu shot.

**Admission,** I request:

1. I would like to use dimmed lights in my room.
2. I would like to be able to listen to my own music
3. I would like my husband and kids to be allowed to be next to me, unless they wish otherwise
4. I would like to be assited by a midwife.
5. To decline discussions on pain tolerance and levels
6. The patience and undestanding of medical caregivers to refrain from any practice or procedure that could unnecessarily stand in the way of me having the most natural birth possible

**During Birthing,** I request:

1. To allow labour to take its natural course without references to “moving things ahead”
2. Medical caregivers should not pressure me by walking into the room and looking at the clock!
3. To be consulted before the introduction of any medical procedure!
4. I ask that staff honour need for quiet and refrain from references to "pain", "hurt", or any offer of medication unless requested. I do not wish to use Pethidine.
5. I would like to use my own techniques for comfort measure, such as birth positions, others than laying down in bed, and movement, breathing, relaxation, visualisation, heat/cold.
6. To take fluids and foods
7. To take nutritional snacking if labour is prolonged.
8. Freedom of choice to move during labor
9. Assume labour positions of choice
10. To haveto use a birthing ball if one is available
11. In the absence of a medical necessity, only intermittent monitoring of baby's heart with fetoscope/doppler or manual use of EFM
12. No internal monitoring in the absence of foetal distress. To confirm distress, please perform a Foetal Lactate Sample.
13. No internal electronic monitoring, as infection could be passed to the baby via the puncture site of an electrode clip on the scalp.
14. Minimal number of vaginal exams, within reason, during the labour until the ’Foetal Expulsion Reflex’ (urge).
15. No augmentation of labour without discussion and explanation of need.
16. To birth in an atmosphere of gentle encouragement during the final birthing phase without coaching". Please calm, low tones, free of "pushing" prompts.
17. Support with squatting during birthing
18. Leaning over a birth ball
19. Oil and hot compresses to avoid episiotomy.
20. No episiotomy!
21. No forceps!
22. Use of mirror to enable me to see crowning and birth.
23. To touch my baby’s head at crowning.
24. To have my other kids present if they wish so.
25. My husband to cut the ombilical cord
26. Delay cord clamping and cutting until after pulsation has ceased!
27. Allow up to an hour, if necessary, for natural placenta delivery
28. Immediate breastfeeding to assist in natural placenta expulsion.
29. If my doctor believes I am at risk of hemorrhaging, please allow the cord to stop pulsating before cutting. Then, please administer the pitocin/syntocinon for placenta delivery.
30. Avoid pitocin/syntocinon unless there are any signs of haemorrhaging.

**For newborn,** I request:

1. baby immediately put skin-to-skin on my chest!
2. Allow vernix to be absorbed into baby’s skin. Delay “cleaning or rubbing”
3. Breastfeeding right away and delay procedures
4. Rooming in, the baby to remain with mother at all times!
5. No vitamin K injected.
6. No vaccins administered ! no Hepatitis B
7. Husband to be allowed to stay with me and the baby throughout the hospital stay
8. Exclusiv breastfeeding, no bottles, formula, water, dummies, artificial nipples or pacifier
9. I would like to have the baby evaluated and bathed in my presence.

I am planning a natural birth, yet I understand that birth can take a different direction for me. If this should happen; these are my requests:

**In case a caesarean becomes necessary,** I request:

1. To be placed on a slightly raised angle to see more of the birth. (45 degree angle to view and assist)
2. To have my birth music playing in the room.
3. Allow my husband to be present at all times
4. Please have quiet in the room and allow the baby to hear our voices first.
5. To shield our baby from direct bright light (where possible)
6. To assist in the delivery of our baby (Once the baby’s head/shoulders are visible and out
7. I would like to be guided in placing my hands under the arms of my baby and assist in lifting the baby out of my stomach onto my chest)
8. To have sterile hands/gloves to assist in delivery (to help prevent infection in case of contact with wound)
9. If unable to assist in the delivery, please place the baby on my chest immediately
10. My husband to cut the ombilical cord
11. Delay cord clamping and cutting until after pulsation has ceased!
12. Allow vernix to be absorbed into baby’s skin. Delay “cleaning or rubbing”
13. No vitamin K injected.
14. No vaccins administered ! no Hepatitis B
15. If my baby requires procedures (where possible), please perform these while by baby is at my chest.
16. The baby to remain on my chest whist being stitched up.
17. If the baby requires separation from mother, please allow my husband to be with the baby at all times.
18. Not to have a date set for a caesarean, but to allow our baby to come into the world on a date chosen by him/her. I will attend the hospital once my waters break or I start contractions whichever one comes first.

**Thank you for your support in advance to help me have a wonderful and fulfilling birth experience.**

**Irina Thiery**