

## Developing Your Birth Preferences

Thank you for choosing our team at Beverly Hospital for your care during pregnancy, birth and postpartum. We are committed to patient-centered care and follow evidence-based practice guidelines.

Here are some general principles:

- We strive to provide you with the best quality obstetric and postpartum care and welcome your input and feedback.
- Cervical exams are only done when they will affect the management of your care and with your permission.
- There are no routine episiotomies, enemas or shaving.
- Many forms of pain relief are available to you, including balls, hydrotherapy, position change, nitrous oxide, epidural anesthesia and more.
- Doulas are welcome in our L&D unit.
- We recommend IV access in order to be prepared for unexpected obstetric and medical emergencies. There are situations in which an IV is required, including, but not limited to, Trial Of Labor After Caesarean, dehydration, need for IV antibiotics or epidurals.
- Fetal monitoring is oftentimes intermittent, but can be continuous in certain clinical situations, such as Trial of Labor after Caesarean, complications of pregnancy, fetal heart rate abnormalities, inductions, use of certain pain medications.
- Eating and drinking while you are admitted to labor & delivery is dependent on what stage of labor you are in, if you have additional medical issues, if you have an epidural and other situations.
- In accordance with the World Health Organization guidelines and other professional society recommendations, we recommend active management during the delivery of the placenta, which includes a small dose of oxytocin after the baby is born to reduce blood loss and prevent postpartum hemorrhage.
- We practice delayed cord clamping and immediate skin-to-skin unless there is a medical necessity for immediate evaluation of the baby.
- Rooming in, a practice of keeping your baby in your room with you postpartum, is encouraged.
- How you choose to feed your baby is supported and valued. Lactation consultants are available to educate and support you while you are in the hospital and after you are discharged.
- Students and residents work on our team on occasion, and we hope you will be open to their participation in your care as they learn. Whatever you decide is fully supported.
- Our visitor guidelines are updated regularly on the Beverly Hospital website, and may change in accordance with local and national health care guidelines.
- Photography and videography are prohibited during the delivery in accordance with privacy for both patients and providers.
- If you have a cesarean section, we encourage skin-to-skin contact shortly after the baby is born. Your labor support person and the baby will stay with you in the operating room until the surgery is nearly complete, unless the baby needs care in the Special Care Nursery.

## Birth Preferences Worksheet

A birth preference is a written outline of what you would like to happen during labor & delivery. This plan lets your provider know your wishes.

Review your preferences with your provider well before your due date. But keep in mind that having a birth preference does not guarantee that your labor & delivery will go according to that plan. Unexpected things can and do happen.

Remember that you and your provider have a common goal: the safest possible delivery for you and your baby. A birth preference is a great starting point, but you should be prepared for changes as the situation evolves.

## Birth Preferences

Your name: \_\_\_\_\_

Name of your provider: \_\_\_\_\_

Name of your baby's provider: \_\_\_\_\_

Type of childbirth preparation: \_\_\_\_\_

I would like the following people with me during delivery: \_\_\_\_\_

\_\_\_\_\_

People in training \_\_\_ are \_\_\_ are not allowed to be present during my labor & delivery.

### **I would like to try the following options, if available:**

\_\_\_ A birthing ball

\_\_\_ A Cub chair

\_\_\_ Hydrotherapy (shower, jacuzzi tub)

\_\_\_ Movement, such as walking and/or position changes

\_\_\_ Breathing and visualization techniques

\_\_\_ Music

\_\_\_ Hypnobirthing

\_\_\_ Doula \_\_\_\_\_

\_\_\_ Other \_\_\_\_\_

**Anesthesia Options:**

- Nitrous Oxide Gas
- IV pain medications
- Epidural
- I would like anesthesia.
- I prefer to avoid anesthesia unless I specifically request it.
- I need more information about anesthesia options.

**Vaginal Birth Options**

- To use a mirror to see the baby's birth
- For my labor partner to help support me during the pushing stage
- For the room to be as quiet as possible.
- For the lights to be dimmed
- For one of my support people to cut the umbilical cord
- For my baby to be put directly onto my chest immediately after delivery
- To begin breastfeeding as soon as possible after birth

**Cesarean Birth Options**

- Clear drapes (in order to watch the birth of the baby)
- To hold the baby as soon as possible after delivery
- My support person to hold the baby after delivery if I am not able.

**Baby Care Plan**

**Feeding:**

- Exclusive Breastfeeding
- Formula Feeding
- Combination of breast milk and formula

**It is okay to offer my baby:**

- A pacifier
- Sugar Water
- Formula
- None of the above

- Circumcision, if a male baby (requires Vitamin K injection)
- Standard practice is that your baby will receive Hepatitis B vaccine, Erythromycin eye ointment and Vitamin K injection within the first hour after birth. Please discuss with your provider if you plan to decline any of these.

Is there anything else you would like to share with your providers about who you are and what you need? (e.g. Family traditions, dietary needs, spiritual, cultural or religious customs etc)

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