



Northeast Georgia Medical Center

WOMEN & CHILDREN'S SERVICES

Birth Expectation Plan

We have developed a Birth Expectation Plan to help guide you in some of the options that are available to you during childbirth. This also gives you the opportunity to share what your expectations are for your birth experience so that we can partner together. Please use the Birth Expectation Plan to begin conversations with your healthcare provider(s) about the kind of birth experience that is important to you. We encourage you to research all options and discuss the effectiveness and risks of those that interest you with your healthcare provider(s).

Name of Patient: _____ Spouse/Significant Other: _____

Date of Birth: _____ Due Date: _____

Name of your OB practice _____ Have you been hospitalized before? _____

What number pregnancy is this for you? _____ How many children do you have? _____

Care Provider

Obstetrician

Certified Nurse Midwife

Do you plan to have a doula with you during labor and delivery? _____ (prior arrangements necessary for doula services)

Environment within the Birthing Suite (select all that you are interested in)

Use of music

Brightly lit room

Wear own clothes / Hospital gown

Darkened room

Aromatherapy **

Other _____

The following are the people I want present in room at time of delivery: (You may have one identified caregiver and one visitor that may switch in and out. No more than two people in the room at a time. No caregiver/visitor under the age of 16.)

My primary support person will be: _____

My visitor will be: _____

Pain Management During Labor (select all that you are interested in)

Breathing techniques

Rocking chair

Guided relaxation, focal point, visualization

Use of shower or air jet tub

IV pain medication

Epidural

Massage

Choosing to labor and deliver without pain medications

Do not ask me (I will ask if I want pain medication)

Walking during labor

Using a birthing ball

Heat/cold therapy **

Aromatherapy**

Slow dancing

Other: _____

** not provided by hospital

-over-

Techniques/ Positions to cope with back labor

- Counter pressure
- Hand and knees
- Knee press
- Criss-cross massage
- Double hip squeeze
- Lunge

Care During Labor (select all that you are interested in)

- Eating and drinking options: ice chips, sugar-free candy, clear fluids, etc.
- Fetal Monitoring: I would prefer: Continuous or Intermittent
- Membranes (Amniotic Fluid): I would prefer: Natural Rupture or Artificially Ruptured
- Use of squatting bar

Delivery Position: (select all that you are interested in)

- Semi-sitting
- Reclining on side
- Modified squatting
- Hands and knees
- Birthing stool
- Use of foot supports
- Use of stirrups
- Standing upright
- Use of squatting bar

Delivery: (select all that you are interested in)

- View birth with a mirror
- Touch baby's head at crowning
- Placing infant on abdomen immediately following birth
- Primary support person to cut the cord
- Episiotomy: I would prefer: episiotomy use massage and warm compresses to possibly avoid tearing prefer to tear
- Immediately breastfeeding after delivery
- Planning to use adoption
- Extended skin to skin with baby

Postpartum: (select all that you are interested in)

- Infant stays in mother's room
- Breastfeeding only
- Bottle-feeding
- Breast and bottle-feeding
- Meeting with lactation consultant
- Circumcision (circle one): Yes / No

Our concerns/ priorities regarding labor and birth:

Is there anything else you would like us to know about your preferences, concerns or wishes for your labor, birth and hospital stay that would help us take better care of you?

Thank you for completing your Birth Expectation Plan. Our goal is a healthy baby and healthy mother. With this goal in mind, your healthcare provider may need to modify your Birth Expectation Plan. Once you have reviewed this plan with your healthcare provider, please give the completed form to your provider to add to your prenatal record. **Please also bring a copy of your birth plan with you to the hospital.**

