

Un-medicated Birth Plan

We are very excited to be working with (OB or Midwife's Name) and (Name of Hospital) Hospital OB staff as we welcome our first child into the world. We look forward to sharing this joyous occasion with you.

Our goal is a totally natural birth and we appreciate all the support and encouragement you can provide. We believe (Dad or Partner's name) active participation as the birth coach, along with the care of our Doula, (Doula's Name), will enable (Mom's name) to achieve a natural birth. **Our top priority is a healthy mother and baby. Assuming mom and baby are fine, these are our preferences:**

To experience a drug-free labor and birth: We are fully aware of our options and request that the staff not offer pain medication.

To avoid the use of the following medical interventions:

- We do not consent to artificially rupturing (mother's name) membranes or artificial augmentation of labor (including pitocin during labor). Please discuss these interventions with us if they become necessary.
- We do not consent to an episiotomy. Please discuss this intervention with us if one is necessary.
- Measures that inhibit mobility (IV, continuous or prolonged EFM- use of doptone or intermittent EFM only please).
- We would prefer not to have any residents, medical or nursing students present at any time during labor and birth.

We would appreciate:

- **If staffing allows, a nurse who has been recognized as a CIMS Mother Friendly Nurse or a nurse who has been trained and is passionate about natural, non-medicated childbirth.**
- Calm and relaxing environment
- The ability to use natural labor techniques to start, speed, or manage labor.
- Encouragement during delivery to use instinctive, natural pushing techniques and positions, free of time limitations.
- Measures taken to reduce tearing (natural pushing techniques with controlled pushing at crowning, counter pressure on perineum, warm compresses and mineral oil).

After the birth of our baby:

- Immediate skin to skin contact to promote breastfeeding and bonding; mom and baby covered with blankets if necessary for warmth.
- Delay cutting of the umbilical cord until pulsating has stopped.
- Postponed separation of baby from mom for routine procedures for at least 1 hour.
- Newborn procedures (baby assessment, heart rate, temperature, eye ointment, Vitamin K shot, measurements, etc.) to be on mom's chest. Please defer giving eye ointment until after breastfeeding is done.
- We would like to be present when our baby has its first bath. Please defer the bath until 24 hours after the delivery time.
- We chose **not** to circumcise if our child is a boy.

We understand that no natural event can be scripted and that unforeseen circumstances occur. **The health of (Mom's name) and baby are of utmost importance.** We have full confidence in our birth team and their professional opinions. Should a situation arise that requires deviation from our plan we know our birth team will discuss the risks and benefits of any procedure prior to taking action. Thank you for considering and honoring our desires and supporting us in having a natural childbirth.