LEGACY OB/GYN

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My Birth Plan

Every birth is unique, and so are your wishes. Use this plan to share what matters most to you with your care team. There are no right or wrong answers — leave any section blank if you'd rather decide in the moment, and know that your team will always prioritize your safety and your baby's well-being.

About Me & My Support Team

The basics so your care team can address you the way you'd like.

My name (preferred)

Partner / support person

Date of birth

Estimated due date

OB provider at Legacy OB/GYN

Pediatrician

Other support people I'd like in the room (doula, family, friends)

Languages spoken / interpreter needed?

The Labor Environment I'd Love

Help us create a calm, comfortable space for you.

- ☐ Dim or low lighting
- ☐ My own music / playlist
- ☐ Freedom to walk and change positions
- ☐ Photos during labor
- ☐ Quiet room — minimal interruptions
- ☐ Aromatherapy (if permitted)
- ☐ Use of birth ball / peanut ball

Anything else that helps me feel at ease

Pain Management Preferences

I'd like to try the following — but I trust my team to guide me if things change.

- ☐ Unmedicated (natural) birth
- ☐ Massage / counter-pressure
- ☐ Epidural — when I ask for it
- ☐ Please don't offer pain meds unless I ask
- ☐ Breathing & relaxation techniques
- ☐ IV pain medication
- ☐ Epidural — please offer it early

Notes on pain management

Interventions & Monitoring

My preferences if everything is progressing normally. My team will explain anything that becomes medically necessary.

- ☐ Continuous monitoring is fine
- ☐ Saline lock instead of continuous IV
- ☐ Avoid routine episiotomy if possible
- ☐ Open to membrane sweeping at term
- ☐ Open to artificial rupture of membranes
- ☐ Wireless monitoring if available
- ☐ Continuous IV is fine
- ☐ Prefer to avoid Pitocin augmentation unless needed
- ☐ Prefer to let water break on its own

Other intervention preferences

Delivery Preferences

How I'd like to bring my baby into the world.

- ☐ Push when I feel the urge (let me guide it)
- ☐ Try different positions (side-lying, hands-knees, squat)
- ☐ Partner to announce the baby's sex (if a surprise)
- ☐ Delayed cord clamping (up to 1 minute)
- ☐ Place baby directly on my chest (skin-to-skin)
- ☐ Coached pushing is fine
- ☐ Use of mirror to see baby crowning
- ☐ Partner to cut the umbilical cord
- ☐ Save / donate cord blood (we've made arrangements)
- ☐ Warm compresses to perineum

Other delivery wishes

If a Cesarean Becomes Necessary

We hope it isn't needed — but if it is, here's what would mean the most.

- ☐ My partner / support person stays with me
- ☐ Cheek-to-cheek in the OR if baby is stable
- ☐ Partner to accompany baby if separated from me
- ☐ I'd like to try to breastfeed in recovery
- ☐ Clear / lowered drape so I can see baby being born
- ☐ Delayed cord clamping if possible
- ☐ Photos / video where allowed

Other cesarean preferences

Welcoming Baby — Newborn Care

How we'd like baby's first hours to go.

- ☐ Immediate skin-to-skin contact
- ☐ Erythromycin eye ointment
- ☐ Hepatitis B vaccine in hospital
- ☐ Plan to formula feed
- ☐ If a boy: circumcise before discharge
- ☐ Delay bath / skip in-hospital bath
- ☐ Vitamin K injection
- ☐ Plan to breastfeed (please help with latch)
- ☐ Plan to combo feed
- ☐ Pacifier is okay if needed

Other newborn care preferences (leave any item above blank to decline)

Postpartum & Special Requests

Anything else our team should know to support you and your family.

- ☐ Rooming-in: baby stays with me whenever possible
- ☐ Limit visitors / no visitors without my approval
- ☐ Postpartum doula will be supporting us
- ☐ Placenta: we have plans for it (encapsulation, etc.)
- ☐ I'd like time alone with my partner and baby first
- ☐ Lactation consultant visit, please
- ☐ Religious / cultural traditions — see notes below

Religious, cultural, or family traditions to honor

Anything else my care team should know