U.S. Naval Hospital Okinawa
Birth Plan

Name: ____________________________  Partner: ____________________________

Designated Attendant (relatives, friends, doula): ____________________________

Children (and ages): ____________________________

We are expecting a: □ BOY □ GIRL □ SURPRISE  Name: ____________________________

We have completed the: □ Birth Registration Class  □ Birthing Classes

If I go past my due date and there are no health risks for me or my baby, I would prefer:
□ To be induced at 41 wks  □ To go as long as possible

Environment
I would like:
□ to bring music
□ dim lighting
□ to wear my own clothes
□ to take pictures during the baby’s birth (we regret that video recording of procedures, to include delivery of your baby is against our current hospital policy)
□ to be able to walk around, mobility is important to me.
□ a shower if my baby is doing well on the fetal monitor.
□ (Other): ____________________________

Equipment
□ I would like to use a birthing ball during labor.
□ I would like to use a squatting bar during pushing/delivering, if I do not have an epidural.
□ I would like to use a birthing stool
□ (Other): ____________________________

During Labor
I would prefer:
□ to have just a saline lock without any running IV fluid unless absolutely necessary
□ no time limits on laboring and prefer labor not be augmented unless medically necessary
□ that my water not be broken during labor (typically it is broken to help with labor)
□ vaginal exams to be kept to a minimum instead of at regular intervals to assess labor progression
□ to be able to eat and drink during labor as long as it is okay with my Provider
□ (Other): ____________________________

Pain Management
I would like:
□ to try laboring without pain medication.
□ to be offered pain management options as my labor progresses and pain level increases

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I will ask if I would like something for pain. Please do not ask me.
my partner to perform lower back massage (the nursing staff can assist with techniques)
to try narcotic medications through my IV (not available late in labor)
an epidural (you will need a bladder catheter, eat only ice chips and have IV Fluids)
a pudendal nerve block (given just before delivery to help with vaginal pain/burning)
(Other): ________________________________

Pushing
I would like:
○ a mirror to be present to view my birth
○ to be able to touch the baby's head when it crowns
○ to be able to try any position comfortable during pushing (specifically: __________________)
○ no time limits on pushing
○ my partner and nurse to count and coach me in pushing
○ to push spontaneously
○ (Other): ________________________________

After Birth
I would like:
○ to have my baby placed skin to skin on my abdomen immediately after birth (recommended)
○ my partner/myself/provider: ____________________________ to cut the cord
○ to wait on cutting the umbilical cord until it stops pulsating or delayed cord clamping
○ to see my placenta after birth
○ to go home the following day after my delivery if everything is good for mom and baby
○ to use ____________________________ for birth control
○ (Other): ________________________________

C-section
If a C-section is necessary, I would like:
○ my partner present
○ to touch my baby after birth
○ my partner to hold the baby after birth and/or skin to skin after birth
○ to take pictures in the operating room once the baby is delivered
○ to breastfeed the baby as soon as I am alert and ready
○ (Other): ________________________________

Breastfeeding
○ I will breastfeed
○ I would prefer to formula feed. Bring some to the hospital for the staff to ensure proper mixing.
○ I do not want my baby given any formula without asking me first, unless it is urgently and medically required.
○ I do not want my baby to have a bottle. I would prefer cup feeding or finger feeding if supplements are necessary.
○ I want to have a pacifier available and will bring it to the hospital. (Pacifiers are not provided.)
○ (Other): ________________________________

Circumcision (males only)
○ I would like my baby circumcised in the hospital.
○ (Other): ________________________________

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