

My Birth Plan



A birth plan is a list of preferences or wishes for your childbirth experience. It will not limit your options once you begin to experience labor. You can change your mind at any time. Since every labor and birth is different, we cannot guarantee that all your preferences will be appropriate for your delivery. We encourage you to discuss your birth plan with your doctor or midwife. We will work with you to try and keep your birth experience as close to your wishes as possible; however, the safety of you and your baby is our number one priority.

Name: _____ OB Provider: _____

Partner's Name: _____ Baby's Doctor: _____

Baby's Name: _____ Baby's Due Date: _____

For Labor:

- Dimmed Lights
- Limited Guests: _____
- I would like to be out of bed as much as possible.
- I would prefer to have a saline lock instead of IV fluids.
- I would like to use alternative pain relief options such as breathing exercises, massage, shower and position changes.
- I will ask for pain medication if I need it.
- I would like to have an epidural as soon as possible.
- I would like to be offered pain medication if you see I am uncomfortable.
- I am unsure what I want for pain relief, I will decide when I am in labor.
- I would like to use my portable music and headphones during labor.

During Delivery:

- I would like the option to deliver in other positions besides my back if possible.
- I would like to delay cord clamping for 30-60 seconds.
- I would like my partner to cut the umbilical cord.
- I would like a mirror to view my birth.
- I would like to touch my baby's head as it crowns.

Postpartum/Newborn Care:

- If my baby should need to be separated due to medical care/ treatment, I would like _____ to accompany him/her.
- I would like to be discharged as soon as possible.

Cesarean Section:

- I would like skin-to-skin contact as soon as possible.
- I would like _____ to accompany me in the operating room. (1 person)

Other Requests:

- _____
- _____

ORLANDO HEALTH[®]



**WINNIE PALMER
HOSPITAL**
For Women & Babies

(321) 843-1110

WinniePalmerHospital.com