

Name: _____
Estimated Due Date: _____
OB/Midwife: _____
Birth Partner: _____
Birth Location: _____
Doula: _____

__Induction __Cesarean
__Spontaneous Vaginal __VBAC

Early Labor

Who to call:

Phone Number: _____

- > Time contractions
- > Rest, Eat, Drink

What if my water breaks before contractions?

Typically, when your water breaks, you can stay home and wait for contractions to start, however you should discuss your plans with your provider.

Notes:

Active Labor

IV Fluids

__ Yes __ No __ Heplock Only

Pitocin

__ Yes __ No

Epidural

__ Yes __ No __ After 6cm

__ Maybe; But please do not offer

IV Pain Meds

__ Yes __ No __ May consider

Rupture Membranes

__ Yes __ No

Cervical Checks

__ Yes __ No __ Only if I ask

Freedom of movement

__ Yes __ No

Notes:

Hydrotherapy

__ Tub __ Shower __ None

Coached Pushing?

__ Yes __ No

Freedom to push in any position:

__ Yes __ No

Me/Partner Catch Baby

__ Yes __ No

Immediate Postpartum

Skin to Skin

__ Yes __ No __

Breastfeeding

__ Yes __ No

Placenta Delivery

__ Managed __ Natural

Delayed Cord Clamping

__ Yes 2 minutes __ Yes 5 minutes

__ Yes Lotus Birth __ No

Cut Cord

Notes: