

## Plans for Postpartum Birth Control:

- Birth control pills
- Depo-Provera shot
- IUD
- Nexplanon
- None at this time
- other: \_\_\_\_\_

Discuss options with your provider before coming to the hospital so that we can support your choice

## Additional Support Services:

- Lactation Consult
- Social Work Consult
- Spiritual Care Services
- Postpartum Nurse Navigator

## Cultural or Spiritual Needs:

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## Additional Wishes:

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Some of our practices are standards of care (meaning we do them routinely, with every patient). These include:

- delayed cord clamping for 45 seconds
- skin to skin for the first hour of life
- start breastfeeding within first hour (if that is the feeding choice)
- delay baby's medications until after first hour of life
- rooming in (baby stays in the room with you at all times)
- delayed bathing after delivery

Hartford Hospital is recognized as a baby-friendly hospital. This program recognized hospitals and birth centers that provide high levels of care for infant feeding and mother-baby bonding



Name: \_\_\_\_\_

Due Date: \_\_\_\_\_

Preferred Language: \_\_\_\_\_

Support Persons:

1. \_\_\_\_\_

2. \_\_\_\_\_

Doula: \_\_\_\_\_

OB Doctor/Midwife: \_\_\_\_\_

Pediatrician: \_\_\_\_\_

Preparing for your birth and recovery will make your wishes known by your care team. Our goal is to keep you and your baby safe. Please bring this with you to Labor & Delivery

## Self-Advocacy Tips:

1. **Educate yourself** about the birth process and consider taking a childbirth class
2. **Ask questions** about your care
3. Speak up! **You can say NO** to anything you are not comfortable with
4. Remember, **you are the expert** on your body



Scan to view available childbirth classes

## During Labor:

- dim lighting
- birthing ball/peanut balls
- squatting
- walking/standing
- birthing stool
- aromatherapy (no plug in diffusers or flame candles)
- intermittent monitoring
- allow for water to break on its own

Breaking your water releases hormones to help your labor progress

Frequent position changes are important to keep labor moving along. Ask to see our Labor Menu, a guide to different movements in labor

Wireless monitoring is available to allow you to move freely

## Labor Pain Relief:

- minimize noise
- listen to my own music
- position changes
- breathing techniques
- meditation
- cold/ice packs
- warm shower
- walking
- dancing
- massage
- nitrous oxide
- IV medications
- epidural
- requests no opioids be given to me
- I would prefer no pain medication be given to me

My own wishes:

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## Delivery:

- get coaching on when and how to push
- push in different positions
- warm compresses to the perineum
- perineal massage
- view baby's birth with a mirror
- touch baby's head when crowning
- avoid an episiotomy
- support person to cut baby's cord
- privately banking cord blood (arrangements are made prior to hospital visit)
- take my placenta home (there are times this is not available)

Our standard of care includes delayed cord clamping and immediate skin to skin contact

## C-section: (planned or unplanned)

- play my own play list
- surgery to be explained as it's happening
- skin to skin in operating room
- my support person to hold baby in OR
- clear drape (if available)
- skin to skin in the PACU (post-anesthesia recovery area)
- keep umbilical cord long so that my support person or I can cut cord in Post Anesthesia Care Unit (PACU)

## After Delivery Pain Management:

- peri-bottle to clean vagina and prevent burning while peeing
- ice packs for perineum
- hemorrhoidal cream
- numbing spray
- stool softeners
- Tylenol
- Motrin
- requests no opioids be given to me

Walking in the room or hallway will help prevent gas pain

Sometimes other medications are used to help with severe pain-discuss your options with your provider

## Baby Care:

### Feeding:

- breastfeeding
- formula feeding
- hand expression
- pumping
- a combination of breastmilk and formula

### Medications:

- erythromycin eye ointment
- vitamin k (preservative free)
- hepatitis B vaccine

### Bathing:

- done in the room
- bathing done by me
- bathing done by my support person
- do not bathe my baby while in the hospital

### Circumcision for baby boy:

- yes
- no circumcision

We support your feeding choice

Baby's first bath will be delayed until 12-24 hours of life. At times, a bath should be done sooner. Your team will communicate if an earlier bath is recommended

Skin to skin contact has the greatest positive impact on baby during the first few hours of life