My Birth Wishes

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.

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:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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.

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
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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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

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

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

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