

# Sample Birth Plan



A birth plan is a written outline of what you would like to happen during labor and delivery. This plan lets your obstetrician–gynecologist (ob-gyn) know your wishes for your labor and delivery.

Go over your plan with your ob-gyn well before your due date. But keep in mind that having a birth plan does not guarantee that your labor and delivery will go according to that plan. Unexpected things can happen.

Remember that you and your ob-gyn have a common goal: the safest possible delivery for you and your baby. A birth plan is a great starting point, but you should be prepared for changes as the situation dictates.

## Birth Plan

Your name: \_\_\_\_\_

Name of your ob-gyn: \_\_\_\_\_

Name of your baby's doctor: \_\_\_\_\_

Type of childbirth preparation: \_\_\_\_\_

## Labor (choose as many you wish)

- I would like to be able to move around as I wish during labor.
- I would like to be able to drink fluids during labor.

## I prefer:

- An intravenous (IV) line for fluids and medications
- A heparin or saline lock (this device provides access to a vein but is not hooked up to a fluid bag)
- I don't have a preference

**I would like the following people with me during labor** (check hospital or birth center policy on the number of people who can be in the room):

---

---

---

It's OK  not OK for people in training (such as medical students or residents) to be present during labor and delivery.

**I would like to try the following options if they are available** (choose as many as you wish):

- A birthing ball
- A birthing stool
- A birthing chair
- A squat bar
- A warm shower or bath during labor. I understand that a bath would be used only for the first stage of labor, not during delivery.

## Anesthesia Options (choose one):

- I do not want anesthesia offered to me during labor unless I specifically request it.
- I would like anesthesia. Please discuss the options with me.
- I do not know whether I want anesthesia. Please discuss the options with me.



## Delivery

I would like the following people with me during delivery (check hospital or birth center policy):

---

---

---

---

- I prefer to avoid an episiotomy unless it is necessary.
- I have made prior arrangements for storing umbilical cord blood.

**For a vaginal birth, I would like** (choose as many as you wish):

- To use a mirror to see the baby's birth
- For my labor partner to help support me during the pushing stage
- For the room to be as quiet as possible
- For one of my support people to cut the umbilical cord
- For the lights to be dimmed
- To be able to have one of my support people take a video or pictures of the birth. (Note: Some hospitals have policies that prohibit videotaping or taking pictures. Also, if it is allowed, the photographer needs to be positioned in a way that does not interfere with medical care.)
- For my baby to be put directly onto my chest immediately after delivery
- To begin breastfeeding my baby as soon as possible after birth

**In the event of a cesarean delivery, I would like the following person to be present with me:**

---

- I would like to see my baby before my baby is given eye drops.
- I would like one of my support people to hold the baby after delivery if I am not able to.
- I would like one of my support people to go with my baby to the nursery.
- I would like my support person to know what shots my newborn will receive.

## Baby Care Plan

### Feeding the Baby

I would like to (check one):

- Breastfeed exclusively
- Bottle-feed
- Combine breastfeeding and bottle-feeding

**It's OK to offer my baby** (check as many as you wish):

- A pacifier    Sugar water
- Formula    None of the above

### Nursery and Rooming-In

If available at my hospital or birth center, I would like my baby to stay (check one):

- In my room with me at all times
- In my room with me except when I am asleep
- In the nursery but be brought to me for feedings
- I don't know yet. I will decide after the birth.

### Circumcision

- If my baby is a boy, I would like him circumcised at the hospital or birth center.

---

HT001: This information is designed as an educational aid for the public. It offers current information and opinions related to women's health. It is not intended as a statement of the standard of care. It does not explain all of the proper treatments or methods of care. It is not a substitute for the advice of a physician. For ACOG's complete disclaimer, visit [www.acog.org/WomensHealth-Disclaimer](http://www.acog.org/WomensHealth-Disclaimer).

Copyright August 2022 by the American College of Obstetricians and Gynecologists. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, posted on the internet, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission from the publisher.

