Your Birth Preferences

Name: __________________________________________ Date: ________________

Reviewed with: __________________________________________________________

This handout tells your care team what you would like when you’re in the hospital for your baby’s birth. These are your preferences. If we know what you want, we can help you have the experience you want.

Our main goal is to make sure both you and your baby are safe and healthy. We will do our best to honor your preferences. In some situations, we may need to change your birth preferences to keep you and your baby safe.

How to Fill Out This Form

In the left column of each section, we’ll tell you:

- What we usually do for our patients (our procedure)
- Our preferences and recommendations

In the right shaded column, you can write what you want (your preferences).

General Info for Vaginal Births

<table>
<thead>
<tr>
<th>Our Procedure and Preferences</th>
<th>What You Want</th>
</tr>
</thead>
<tbody>
<tr>
<td>If everything is going well, we would like you to eat and drink during labor.</td>
<td>Are the preferences we listed okay with you?</td>
</tr>
<tr>
<td>If you have an epidural, you can have clear liquids.</td>
<td>Do you have any other preferences related to the list on the left?</td>
</tr>
<tr>
<td>We do not recommend enemas. (A liquid given by rectum to clear your bowels.)</td>
<td></td>
</tr>
<tr>
<td>We do not shave pubic hair, unless you need a C-section.</td>
<td></td>
</tr>
<tr>
<td>We do not usually do episiotomies (a cut in the muscles between your vagina and anus to make your vaginal opening bigger).</td>
<td></td>
</tr>
</tbody>
</table>
### Monitoring The Baby

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>• We will monitor your baby for <strong>at least</strong> 20-30 minutes when you get to Labor and Delivery. This means we check the baby’s heartbeat and other signs, to make sure the baby is healthy.</td>
<td>If possible, would you like us to monitor the baby on and off?</td>
</tr>
<tr>
<td>• All babies get monitored during labor. Some babies need to be monitored at all times, and some can be monitored on and off.</td>
<td>Other preferences:</td>
</tr>
<tr>
<td>• If your baby needs to be monitored at all times, we’ll have portable monitors so you can walk around and get in the shower or tub.</td>
<td></td>
</tr>
</tbody>
</table>

### IV Fluids

<table>
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</thead>
<tbody>
<tr>
<td>• We recommend having an IV in place while you’re in labor. That way, we can give you IV fluids or medicines if needed. The IV can be disconnected from the fluid bag so you can move around more freely.</td>
<td>Other preferences or comments:</td>
</tr>
<tr>
<td>• We may have to give you fluids through an IV if:</td>
<td></td>
</tr>
<tr>
<td>o You get dehydrated (you’re not getting enough water). This can happen if you’re throwing up or if you have a long labor.</td>
<td></td>
</tr>
<tr>
<td>o You need medicines.</td>
<td></td>
</tr>
<tr>
<td>o There is an emergency.</td>
<td></td>
</tr>
</tbody>
</table>
Pain Medicine and Anesthesia

Our Procedure and Preferences

- We can give you pain medicine or anesthesia if you want it. You can choose to use medicine or not.
- If you want medicine, we can give you:
  - Nitrous oxide (also called laughing gas)
  - Pain medicine through your IV
  - An epidural
- For some, getting in a shower or bathtub helps with labor pain. We have showers in all of our rooms, and some rooms have bathtubs. We do not offer water birth at this time.

What You Want

What is your preference? (check one or more)

☐ I don’t want any pain medicine or an epidural.
☐ I am open to using medicine or an epidural, depending on my pain.
☐ I want to use nitrous oxide (laughing gas) for pain.
☐ I want an epidural once labor starts.
☐ Other preference: ____________________________

Other preferences or comments:

When The Baby Is Born

Our Procedure and Preferences

- If mom and baby are doing well when the baby is born:
  - We will put the baby skin-to-skin on your chest or abdomen.
  - We do delayed cord clamping, which means we do not cut the umbilical cord right away.
  - Your partner, family member, friend, or even you yourself can cut the cord.
  - The baby will stay with you and you’ll go together to the postpartum unit.

What You Want

Would you like your partner, family member, or friend to cut the cord? (check one)

☐ Yes     ☐ No     ☐ Not Sure

If yes, who would you like to cut the cord? (write their name below)

Other preferences:
Breastfeeding

Our Procedure and Preferences

- We strongly recommend that you breastfeed your child.
- We also recommend that you attend one of our childbirth education classes on infant feeding.

What is your preference for feeding your baby? (check one)

☐ Breastfeeding
☐ Formula
☐ Both
☐ Not sure

Other preferences:

Circumcision

Our Procedure and Preferences

- If you choose to have a circumcision, we usually do the procedure the morning before the baby leaves the hospital.

Do you want your baby to have a circumcision? (check one)

☐ Yes
☐ No
☐ Not sure
☐ Does not apply

Other preferences:
### Family Planning and Birth Control

- If you need or choose birth control after having the baby, you have many options:
  - IUD
  - Implant
  - Pills
  - Depo shot
  - Condoms
  - Diaphragm
  - Tubal ligation or vasectomy (these are permanent)
  - Ring
  - Patch

- Some of these options may be available to you before you leave the hospital. Ask your provider for more information.

### What You Want

#### What are your birth control preferences?

### Your Support People

**Who will give you a ride to the hospital?**

______________________________

**Who will support you during labor?** (you can have up to 5 people in Labor and Delivery with you if things are going well)

1. ____________________________  4. ____________________________
2. ____________________________  5. ____________________________
3. ____________________________

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***UNM HEALTH SYSTEM***
Who will give you a ride home from the hospital? (They will need to have an infant car seat for the baby.)

If you have other children, who will take care of them? (During flu season, children under age 14 are not allowed to go into the Labor and Delivery or Postpartum Unit. They cannot be left alone in the waiting room.)

Your Needs and Beliefs
We want to respect your beliefs and your religious, cultural, and spiritual needs.
Do you have any religious, cultural, or spiritual needs that we should know about?

Other Preferences
Do you have any other requests or preferences?

We will do our best to honor your preferences.
In some situations, we may need to change your birth preferences to keep you and your baby safe.