

# birthmatters

AT THE START OF FAMILY LIFE



## LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

### **Template Birth Plan for Planned Caesarean Birth**

This template birth plan includes a wide range of preferences for the birth of your baby. Some may not be relevant to your circumstances e.g. presence of students in theatre if the hospital does not have students, and there may be other areas which you don't wish to include. There will probably be some aspects which are not covered which you wish to add.

It is important to create a personal birth plan. So use this document for ideas, make as many changes as you wish, and share it with the people who will be present when you give birth.

You may find it helpful to discuss it with your birth partner if you plan to have one, so they can support you in achieving the birth you want.

#### **Before our baby's birth**

We would like to visit the operating theatre

We would like to have a description of all that happens in theatre, who will be there, and the role of each person

I would like to meet the midwife who will care for me in theatre / bring my own midwife (or doula) with me

We would like to have the consent form explained to us

I would like to wait to go into labour spontaneously

We would like my partner to stay throughout

I would like my privacy and dignity to be respected at all times

I would like to shave myself at home / I would like shaving to be kept to a minimum / I would like a wet rather than a dry shave

I would like information about any medication before receiving it, including the purpose, potential side effects on me / the baby and options on timing e.g. before or after the baby is born. I wish in particular to avoid any drugs which

# birthmatters

AT THE START OF FAMILY LIFE



## LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

will make me drowsy during the operation.

I would prefer the use of spinal/epidural/general anaesthetic

If I should need to have a general anaesthetic I would like my partner to stay so he is present at our baby's birth and can hold him or her / (or, for an elective section) I may wish to reconsider delivering vaginally

If I should need to have a general anaesthetic I would like to meet our baby in his or her newborn state, I do not want our baby washed and dressed while I am still asleep

If there is any research you would like me to participate in please provide details as far as possible in advance of the birth / I prefer not to be involved in research.

I am happy for up to x number of students to be present at the birth / I prefer not to have any students present at the birth / I would like the number of people present in theatre to be the minimum required for the operation.

### **During our baby's birth**

We would like to have a commentary of what is happening up to and including the birth / for the whole time spent in theatre

I would like to have the curtain dropped for the moment of birth / I do not want to have a curtain blocking my way at all

I would like to have a mirror so I can, if I wish, see what is happening

I would like photographs / video to be taken of the birth

We would like the theatre to be as quiet as possible at the moment of birth

We would like to play music during the birth

We would like the lights to be turned down for a few minutes at the moment of birth, if possible

We would like to discover the sex of our baby ourselves

# birthmatters

AT THE START OF FAMILY LIFE



## LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

I would like our baby lifted out onto me, if possible / I would like to place my hands on the baby as s/he is lifted out

We / My partner would like to cut the cord

We would like to hold our baby immediately / we would like the baby to be washed first

I would like to put our baby to my breast whilst the operation is in progress. If a General anaesthetic is used my husband / partner would like to put the baby to my breast as soon as possible.

I prefer to have dissolvable stitches / removable stitches / staples used to close the wound

We would like our baby to stay with one of us at all times

We would like to be consulted if our baby needs to go to special care

If the baby needs to go to special care we would like to be taken to him/her as soon as possible after the operation

Multiple birth – We would like both/all of the babies to be taken to special care together / If one baby needs special care and the other(s) don't we would like the well baby(ies) to stay with us until we go

We would like to stay together, with our baby, in the recovery room

We would like to be left alone with our baby

We would like to see the placenta and have it explained to us

### **Emergencies**

I or my husband / partner will discuss all eventualities as they arise. It will help us to know the answers to these questions:

1. What is wrong?

# birthmatters

AT THE START OF FAMILY LIFE



## LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

2. What do you suggest and why?
3. What would be the possible outcomes with and without this intervention?
4. How much time do we have to make a decision?
5. Are there any other courses of action open to us.

We will be guided by balanced, informative advice. We want a healthy baby and mother and will take all necessary steps to achieve this.

### **In the post-natal ward**

I would like to be offered regular pain relief which does not conflict with my desire to breastfeed. This includes not being given a drug that will make me too drowsy

We do not want our baby to be given any artificial milk

I intend to breastfeed on demand

I would like our baby with me at all times unless I request otherwise

I would like my baby to sleep in my bed

I would like to be present when our baby has a nappy change or bath

We would like our other children to visit as soon as possible after the birth

I would like to be consulted as to when I should be discharged from hospital

**Any Other Comments:**

# birthmatters

AT THE START OF FAMILY LIFE



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This is a sample birth plan and should be adjusted to meet the needs of each individual couple.

Some people may also wish to prepare contingency plans for a baby needing s