



LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

Caesarean Section - Birth Choices

Before the birth: I would like?:

- all procedures discussed with me and my partner
- to wait until I go into labour spontaneously
- my partner to be with me throughout
- shaving to be kept to a minimum
- to avoid an enema
- medication only after receiving information about it
- I would prefer the use of a spinal/epidural/general anaesthetic
- If I need a general anaesthetic I would like my partner to be with me to hold the baby

During the birth: I would like?:

- to have a commentary on what is happening
- to have NO curtain blocking my view
- a mirror so I can , if I wish, see what is happening
- the theatre to be as quiet as possible at the moment of birth
- to discover the sex of my baby or have my partner tell me
- my baby to be delivered onto me
- to hold my baby immediately
- my baby to stay with me at all times
- to be consulted if my baby needs to go into special care
- my partner and baby to come with me to the recovery room

Postnatally: 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 drowsy
- I do not want my baby to be offered any artificial milk
- to breastfeed on demand
- my baby to be with me at all times unless I request otherwise
- to be present when my baby has a nappy change or bath
- to be consulted as to when I will be discharged from hospital

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AT THE START OF FAMILY LIFE



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CAESAREAN BIRTH

Sample Birth Plan

Before our baby's birth

We would like all procedures to be discussed with us

I would like to wait to go into labour spontaneously

We would like my partner to stay throughout

I would like shaving to be kept to a minimum

I would like information about any medication before receiving it

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

If I should need to have a general anaesthetic we would like my partner to stay so he is present at our baby's birth and can hold him or her

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

During our baby's birth

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We would like to have a commentary of what is happening

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

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

I would like our baby lifted out onto me, if possible

We would like to hold our baby immediately

I would like to put our baby to my breast whilst the operation is in progress

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

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

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AT THE START OF FAMILY LIFE



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

ANY OTHER COMMENTS:

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 special care. (This may also include a list in the rare event of a baby dying.)