

## BIRTH PREFERENCES

**Mother:** *Kelly Rucker*  
**Partner:** *Kevin Rucker*  
**Physician/Midwife:** *Ob/Gyn North*

**EDD:** *August 23, 2014*  
**Place of Birth:** *NAMC*  
**Doula:** *Phyllis Brasenell*

We have taken the time to educate ourselves on childbirth and have made the following choices after much research and thought. However, we realize that a situation may arise that would cause us to deviate from the plan and ask for your patience and understanding if new decisions must be made.

PROCEDURE	PREFERENCE
<b>LABOR</b>	
<i>Fetal Monitoring</i>	We prefer that fetal heart tones be monitored intermittently with an external monitor.
<i>IV</i>	We would like a heparin lock rather than an IV
<i>Vaginal Exams</i>	Please limit the number of vaginal exams
<i>Augmentation</i>	We plan to use alternative methods of labor augmentation, like walking or nipple stimulation
<i>Episiotomy</i>	We would like to tear rather than receive an episiotomy and utilize olive oil and warm compresses to prevent tearing.
<i>Informed Consent</i>	We request that our doctor/staff discuss all procedures with us before they are performed, including why it is necessary, risks, benefits, and what alternatives are available.
<i>Pain Management</i>	Kelly will be using Hypnobirth for the birth process. Please do not offer pain medication; mother will ask for it if needed
<i>Unforeseen Circumstances</i>	In case there is a need for c-section, we would like to have immediate skin-to-skin contact after birth. We would like to have dad go with baby to the nursery and, if the doctor allows, for our doula to be present so that mom is not alone while surgery is being completed.
<b>BABY</b>	
<i>Cord Cutting</i>	We plan on letting the cord stop pulsating before it is clamped and having Dad cut cord
<i>Skin to Skin</i>	We would like immediate skin-to-skin contact with baby, for as long as possible after birth.
<i>Separation/Rooming In</i>	We plan on rooming in and having no separation from the parents. If baby must be taken from the room, we would like one parent to accompany her at all times.
<i>Eye Drops &amp; Vaccines</i>	We would like to delay eye drops, vitamin K, and Hepatitis B vaccine until after the first hour postpartum.
<i>Bath</i>	We would like to delay baby's bath until after the first hour postpartum. We would like a family bath if Mom is up for it, and if not, for Dad to give bath in room.
<b>POSTPARTUM</b>	
<i>Breastfeeding</i>	Please allow us to breastfeed immediately after birth and on demand after that time. Please do not give any supplements or artificial nipples.