

LUCY & ROB SMITH BIRTH PREFERENCES

Guess Date: 03 Feb 09 -- Southern General Hospital --- Consultant: Dr XX

ABOUT US

- My name is Lucy and my husband's name is Rob.
- This is our first baby. I have had a smooth and uncomplicated pregnancy.
- We have attended hypnobirthing classes and hope for a natural water birth without intervention.

Environment

- I would like subdued lighting, to be mobile, use birth ball and listen to music on my Ipod speakers.
- We are happy for a female student midwife or doctor but please no men apart from my partner.
- We would like each person attending me to read my birth preferences and introduce themselves.

FRIST STAGE – Thinning & Opening

- I will stay at home as long as possible before going into hospital.
- I will give birth at the Southern General and use hypo birthing techniques with Rob supporting me.

Induction and active management of Labour

- If I go beyond 42 weeks I would like to use natural methods moving to sweep as a last resort.
- If my waters break before labour I will adopt a wait and see approach.
- I want to use natural methods in event of stalled or slow labour and would like privacy to do so.

Pain Relief

- Our preference is for water births so do not want pethidine or diamorphine.
- I would like to be offered Gas & Air and will use T.E.N.S, breathing, massage & relaxation techniques.

Monitoring & Examinations

- I do not want a vaginal examination.
- I want baby to be monitored using a Doppler and to avoid continuous (CTG) or internal monitoring.

Positions for Labour

- To use the birthing pool (bath / shower if not available), birthing ball and various birthing position.

Eating & Drinking

- We will take snacks and water for both Rob and I. Please remind me to drink and use the bathroom.

SECOND STAGE - Birthing

- I would like to use mother-directed breathing down until crowning takes place not forced pushing.
- If a mirror is available I think this would help motivate me to breath down my baby.
- I would like to give birth in a water pool - if not available access to a bath and shower please.

Perineum

- I have been practicing perineum massage so want to avoid an episiotomy unless it is an emergency.
- I would prefer any tear to be sutured by my female midwife or female doctor and not a student.



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Birthing Baby

- We would like Rob or I to pick up our baby immediately and determine the sex ourselves.
- We would like skin to skin contact and time to bond with the baby.
- If I require an assisted delivery, please use a ventouse in favour of forceps.
- In case of emergency / assisted breathing please bring the trolley to the baby and leave cord on.
- ROB will stay with our baby if there is any emergency.

THIRD STAGE - Placenta Delivery

- I want a physiological third stage and would like to try breast feeding to assist natural delivery.
- We would rather the mid-wife clamp / cut the cord when pulsation has stopped.
- Please no cord traction, syntocinon or manual removal unless there is an emergency.

CARE OF OUR BABY

- I am going to breastfeed my baby so need undisturbed skin to skin contact after the birth.
- No Vitamin K unless he/she was born by forceps, ventous or caesarean.

IN THE EVENT OF A CAESAREAN

- I am keen to avoid a caesarean & will only agree to one for a genuine medical emergency.
- Please do not perform a hysterectomy unless it is the only option available to save my life.
- If emergency caesarean required I would like to remain awake & request an epidural or spinal block.
- I would like to breastfeed the baby as soon after birth as possible.
- I would like to hold my baby straight away.
- I do not want baby taken out of theatre unless it is an emergency.
- I would like support with breastfeeding as I will find it difficult to move after the operation.
- If my baby needs to go to special care then my husband, Rob, will go with him/her.
- I wish to be kept informed of baby's well being and start expressing if baby goes into special care.

OUR CONSIDERATIONS

- We would like to follow our birth preference to support a quiet, relaxed and natural birth.
- We appreciate that we must be flexible in our choices if things do not evolve in the way we wish.
- We request that all options are examined and that we are given accurate information.
- We gratefully respect that we are given sufficient time to discuss the proposed course of action.
- In the event of any emergency situation, then you will have our full co-operation.
- The safety of our baby and mum is paramount and we do not wish to put either in any danger.

THANK YOU SO MUCH FOR YOUR SUPPORT.

Lucy Smith – 078500XXXX

Rob Smith – 0794XXXXXX



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