

# The pregnancy care planner

Your NHS guide to having a baby

[www.nhs.uk/pregnancy](http://www.nhs.uk/pregnancy)



choices

[www.nhs.uk](http://www.nhs.uk)

## My birth plan

Name:

Due date:

### Where to give birth

You will have a choice about where to have your baby. Your midwife or doctor will be able to tell you what services are available locally and advise you on any issues to do with your health or pregnancy that may affect your choice.

- I would like to give birth at home
- I would like to give birth in a midwifery unit
- I would like to give birth in a maternity team unit in hospital
- I am not sure yet where I would like to give birth

### My comments on where I would like to give birth and why:

Please write in the box below.

### Companions

Having a companion you can 'lean on' and who can support you during your labour can be helpful. It has been shown to reduce the need for pain relief.

- I would like my partner or companion(s) to be with me during labour
- I would not like my partner or companion(s) to be with me during labour
- I am not sure yet whether I would like my partner or companion(s) to be with me during labour

*cont...*

# My birth plan

## My birth partner or companion is:

Please write in the box below.

## Companions during a forceps or vacuum delivery

A forceps delivery is where forceps are placed around the baby's head to pull him or her gently from the birth canal. Vacuum delivery, sometimes called ventouse, is when the baby is guided out using a cap fitted to its head by suction.

- I would like my partner or companion(s) to be with me if I have a forceps or vacuum delivery
- I would not like my partner or companion(s) to be with me if I have a forceps or vacuum delivery
- I do not mind if my partner or companion(s) is with me if I have a forceps or vacuum delivery
- I am not sure yet whether I would like my partner or companion(s) to be with me if I have a forceps or vacuum delivery

## Companions during a caesarean section

A caesarean section is when the baby is delivered by cutting through the abdomen and into the womb. This will only be performed when it is necessary, but there are situations where this is the safest option for either you or your baby. If your caesarean section is carried out under local anaesthetic and you are awake, your partner or companion may sit with you.

- I would like my partner or companion to be with me if I have a caesarean section
- I would not like my partner or companion to be with me if I have a caesarean section
- I do not mind if my partner or companion is with me if I have a caesarean section
- I am not sure yet if I would like my partner or companion to be with me if I have a caesarean section

# My birth plan

## Birthing equipment

You may find that items such as wall bars, mats or beanbags help you to change position and remain comfortable during labour. If you're giving birth in a maternity unit, your midwife will be able to tell you if specific items are normally available. However, you may need or prefer to provide some equipment yourself.

- I plan to use equipment such as mats or beanbags during labour
- I do not plan to use equipment such as mats or beanbags during labour
- I am not sure yet whether I would like to use equipment such as mats or beanbags during labour

### My comments on birthing equipment and whether I will provide it:

Please write in the box below.

## Special facilities

Some units may offer you special facilities such as a birthing pool. Some have special rooms called LDRP rooms (labour, delivery, recovery, postnatal rooms) where you stay in the same room until you leave the hospital. Your midwife will be able to tell you what's available.

- I would like to use a special LDRP room, if available
- I would like to use a birthing pool, if available
- I would like to use other special facilities
- I am not sure yet whether I would like to use special facilities, such as a special LDRP room or birthing pool, if available

### My comments on any special facilities I would like to use:

Please write in the box below.

*cont...*

# My birth plan

---

**Any other comments or preferences on birth location, facilities or companions:**

Please write in the box below.

**Monitoring during labour**

Every baby is monitored throughout labour to make sure that it is not in distress. There are different ways of monitoring the baby's heartbeat.

- I have discussed with my midwife how I would like my baby's heart to be monitored if everything is straightforward
- I have not discussed with my midwife how I would like my baby's heart to be monitored if everything is straightforward

**My comments on monitoring my baby during labour:**

Please write in the box below.

# My birth plan

## Keeping active during labour

Keep active for as long as you feel comfortable. This helps the progress of the birth. Keeping active doesn't mean doing anything strenuous, just moving around normally.

- I would like to move around during labour
- I would not like to move around during labour
- I do not mind whether or not I move around during labour
- I am not sure yet whether I would like to move around during labour

## My comments on moving around during labour:

Please write in the box below.

## Positions for labour and birth

Find the positions you prefer and which will make labour easier for you. Try out various positions at antenatal class or at home to find out which are the most comfortable for you. You can choose as many positions as you want and vary them throughout your labour.

- I would like to be in bed with my back propped up by pillows
- I would like to be standing
- I would like to be sitting
- I would like to be kneeling
- I would like to be kneeling on all fours
- I would like to be squatting
- I would like to be lying on my side
- I am not sure yet which positions I would like to be in during labour

# My birth plan

## Skin-to-skin contact with your baby

Immediately after the birth you can have your baby lifted straight onto you before the cord is cut so that you can be close to each other immediately. If you prefer, you can ask the midwife to wipe your baby and wrap him or her in a blanket first.

- I would like my baby delivered straight onto my tummy
- I would like my baby cleaned first before being given to me
- I do not mind if my baby is cleaned before being given to me
- I am not sure yet whether I would like my baby delivered straight onto my tummy

## My comments on anything special I would like to happen immediately after the birth:

Please write in the box below.

## Midwives, nurses and doctors in training

Midwives, nurses and doctors need to observe women in labour as part of their training. They will always be supervised by a senior health professional.

- I have discussed with my midwife my thoughts about having midwives, nurses or doctors in training with me during labour
- I have not discussed with my midwife my thoughts about having midwives, nurses or doctors in training with me during labour

## Any other comments or preferences about my labour and birth:

Please write in the box below.

# My birth plan

## Pain relief options

There are many different pain relief options. Some women use a combination of methods. You may find that you want more pain relief than you had planned, or that more effective pain relief may be advised to assist with delivery. You can use a number of different methods at different times.

- I would like to try breathing and relaxation
- I would like to try being in water during labour and/or birth
- I would like to try massage
- I would like to try acupuncture
- I would like to try TENS (transcutaneous electrical nerve stimulation)
- I would like to try gas and air (entonox)
- I would like to try pain-relieving injections
- I would like to try an epidural
- I would like to try other methods of pain relief
- I would like to try to manage without pain relief

## My preferences for pain relief:

Please write in the box below.

# My birth plan

## Having an episiotomy

An episiotomy is a cut in the perineum (the area between the vagina and anus). This may be necessary if the perineum won't stretch enough and may tear, or if the baby is short of oxygen and needs to be delivered quickly.

- I have discussed with my midwife or doctor why an episiotomy might be necessary
- I have not discussed with my midwife or doctor why an episiotomy might be necessary

## My feelings about the possible need for an episiotomy:

Please write in the box below.

## Delivering the placenta after the birth

After your baby is born your midwife will offer you an injection in your thigh. This contains the drug syntometrine or syntocinon which helps the womb contract and can prevent the heavy bleeding that some women may experience without it.

- I have discussed with my midwife what happens after labour when the placenta is delivered
- I have not discussed with my midwife what happens after labour when the placenta is delivered

## My preferences about delivering the placenta:

Please write in the box below.



# My birth plan

## Feeding your baby

Breast milk is the best form of nutrition for babies as it provides all the nutrients a baby needs and has lasting benefits for the health of your child. Infant formula milk can be used as an alternative to breast milk.

- I would like to breastfeed my baby
- I would like to bottle feed my baby
- I would like to try a mixture of breastfeeding and bottle feeding
- I am not sure yet how I would like to feed my baby

## My comments about feeding my baby:

Please write in the box below.

## Vitamin K for your baby

Vitamin K is needed to make the blood clot properly. Some newborn babies have too little vitamin K so it may be suggested that your baby be given vitamin K either by injection or by mouth.

- I have given my midwife my consent to give my baby vitamin K
- I have not given my midwife my consent to give my baby vitamin K

## Any other comments or preferences about me and my baby immediately after the birth:

Please write in the box below.

# My birth plan

## Special requirements

If you have any special requirements, please tick any that apply to you. You can fill in more details in the box below.

- English is not my first language, and I need someone present who speaks my first language
- I need a sign language interpreter
- I have special dietary requirements
- I and/or my partner have special needs
- I would like certain religious customs to be observed

## My special requirements are:

Please write in the box below.

## General comments:

Please write in the box below.