

Wesson Women & Infants' Unit

Birth Plan Worksheet



Personalize Your Birthing Experience at Baystate Medical Center's Wesson Women & Infants' Unit

We are committed to providing you and your family with the best birthing experience possible. Not only are your obstetrician or certified nurse-midwife and our obstetrical nurses warm and caring, they are also highly skilled professionals who feel honored to share your birth experience with you.

The following birth plan has three functions:

1. It provides you with information about how we care for our patients.
2. It gives you an opportunity to make some personal choices about your birth experience.
3. It enables you to identify birth-related issues and procedures you do not understand that you can ask a Baystate professional to explain for you.

It's your birth, so to the extent possible, we want to help personalize it for you.

Remember, no birth can be truly "planned"—births continually surprise even those of us who have worked in the profession for many years. However, knowing your preferences will help us to provide you with customized care.

Each topic has a section titled "about us." You can make your personal selections from "my choices." Feel free to check as many boxes as you like and add your own ideas as needed.



While You're Here

About Us:

- All of our 37 birthing rooms are equipped with TV, air conditioning, private bathroom with shower, rocking chair, telephone and cot for your support person.
- We have several small kitchens with a refrigerator, toaster and microwave. Self-service juice, soda, toast, and crackers are available.
- You may store your own food in either the patient refrigerator or your own cooler.
- We offer room service for your meals. You can call when you want to order from our special menu. A free meal is also available for your partner.

http://baystatehealth.com/Images/mlh/mlh_menu.htm

My Choices:

- I would like to bring my own CD/music.
- I would like low lighting during labor and delivery.
- I would like my support person to film/photograph my labor and delivery.
- I would like to wear my own sleepwear during labor and delivery.

Comments: _____



**Baystate
Medical Center**

Early Labor

About Us:

When you arrive, you will go to our Women's Evaluation and Treatment unit (WETU). While there, a "labor check" will typically include 20-30 minutes of monitoring (external) and a vaginal exam. If you are in very early labor, we may encourage you to go home.

- We will check the baby's heart rate at least once an hour (this can be done while you are out of bed).
- We encourage walking and position changes in early labor.
- Your support person(s) is (are) welcome in the room.
- Juice, popsicles, and other "clear liquids" are available in early labor.
- We perform enemas and shaves only if the doctor agrees it is necessary.

Comments: _____

My Choices:

- I would like to return home if I'm not yet in active labor.
- I want as few vaginal exams as possible.
- As long as the baby and I are fine, I don't want my labor sped up.
- Please do not offer me pain medication.
- Once in my birthing room, I would like to use the following in labor, if available (check all that apply):
 - Breathing techniques
 - Hot/cold therapy
 - Birthing ball
 - Medication
 - Labor Tub
 - Shower

Active Labor & Delivery

About Us:

- If you are in bed, we will use an external monitor to check your contractions and your baby's heart rate. If you are walking, we will check the baby's heart rate at least every 15 minutes and monitor your blood pressure hourly.
- A labor nurse will be with you one-on-one to assist you with techniques for managing your labor.
- Support person(s) is (are) welcome to stay with you.
- We encourage position changes.
- We perform an episiotomy only if the physician or certified nurse-midwife determines it is necessary.
- We encourage you to try a variety of positions in which you can deliver your baby.
- Epidurals are available in active labor.

Comments: _____

My Choices:

- I prefer no medication unless absolutely necessary.
- I would like an epidural.
- I'd like some guidance with pushing.
- Let me wait until I have an urge to push rather than tell me when and how.
- As long as the baby and I are fine, I'd like to be free of time limits on pushing.
- I would like to avoid an episiotomy.
- I'd like to view the birth with a mirror.
- I would like to touch the baby's head as it comes out.
- I'd like to try the following position(s) for delivery (please check all that apply):
 - Semi-reclining
 - Side lying
 - Squatting

Cesarean Delivery (C-Section)

About Us:

- Your provider will keep you well-informed should a C-section become necessary.
- To prepare for surgery, three simple procedures are performed by your nurse:
 - Starting an IV.
 - Inserting a catheter to empty your bladder during surgery.
 - Shaving the top portion of your pubic hair (this prevents infection during healing).
- Spinal anesthesia is typically used, allowing you to remain awake but pain-free. Once the spinal anesthesia is placed, your support person (only one, please) is welcome in the operating room. If general anesthesia is used (usually only in emergencies), your support person will wait outside the operating room.
- If necessary, we will have a team from the Neonatal Intensive Care Unit be present at the delivery to examine your baby immediately following delivery.
- While you are in the recovery room (PACU), you may hold and nurse your baby. Then your baby will be brought to the Wesson 2 nursery where you will be transferred after your recovery period.

My Choices:

- I would like the catheter to be inserted after anesthesia has been administered.
- I would like the screen to be lowered so I can see the baby coming out.
- We would like to video/photograph in the operating room, if it's ok with the anesthesiologist.
- I'd like my support person to accompany the baby to the nursery.
- I would like to breastfeed in the recovery room.
- Other: _____

Comments: _____



After the Birth

About Us:

- If the baby is fine, s/he will be placed on your chest immediately following delivery. The midwife/doctor will wait until the umbilical cord stops pulsing before cutting it, unless the baby needs immediate assistance.
- Your nurse will monitor and assess your baby immediately following birth, usually while the baby is still in your arms.
- Unless there is a medical problem, your baby may remain in your room with you. You may send the baby to the nursery if you wish to sleep or to take a shower.
- Within the first first hour after delivery, a thorough baby assessment will be done, including:
 - Length
 - Weight
 - Pulse and temperature
 - ID & security bands
 - Injection of Vitamin K (to help the baby's blood to clot)
 - Eye ointment (to prevent infection from the birth canal)

My Choices:

- Allow my support person to cut the cord.
- If my baby needs to go to the nursery, I would like my support person to go with him/her.
- I want to breastfeed as soon as possible after the birth.
- Other: _____

Comments: _____

Baby Care

About Us:

- You may keep your baby in your room at all times provided a parent is present. After a C-section, another person must always be with you and the baby (until you're able to get up and down on your own).
- Staff in the nursery can watch your baby any time needed or desired.
- State law requires a blood test and a hearing screening for your baby before you leave the hospital. Your nurse will review these procedures before they are done.
- We offer the first dose of the hepatitis B vaccine for your baby. If you prefer, your pediatrician may give this dose at your first visit in two weeks.
- If you're breastfeeding, your baby will receive no formula, sugar water or pacifiers unless ordered by the pediatrician and approved by you.
- If you're bottlefeeding, the first feeding will be water, given by your nurse.

My Choices:

- I want 24 hour rooming-in with my baby.
 - I am planning to:
 - Breastfeed
 - Bottlefeed
 - Both
 - I'm undecided
 - If my baby is a boy:
 - I plan to have him circumcised**
 - I do not want him circumcised
 - I'm not sure yet
 - I want my baby to have the first dose of the hepatitis B vaccine before going home.**
 - I'd like to watch some educational videos during my stay.
- ** Requires written consent.

Comments: _____

Going Home

About Us:

- Length of stay is typically 48 hours after delivery for a vaginal birth and 96 hours after a Cesarean birth.
- You may be eligible to have a visiting nurse come to your home to assess you and your baby. A Baystate Visiting Nurse will come to your room to discuss this.
- We use a "teaching menu" to find out what your teaching needs will be for yourself and your baby after discharge. We encourage questions throughout your stay.
- You will receive a second booklet, *Becoming a Family: Your Baby and You at Home*, which your nurse will use for teaching.
- *The Newborn Channel* (channel 4) offers 24 hours of baby and mother care videos. There is a schedule posted below the TV.
- A lactation consultant will visit you if you are breastfeeding to check on you and see if you need to purchase breastfeeding supplies.
- A free breastfeeding support group meets at Baystate on the 1st and 3rd Wednesdays of each month from 1 to 2 p.m. in the Chestnut Building, Room 2.
- A New Parent Support Group meets in Longmeadow on Thursday mornings at 11 a.m. and is open to any new parent and baby delivered at Baystate.

My Choices:

- I want to stay in the hospital as long as I can.
- I'd like a visit from a visiting nurse, if I'm eligible.
- I want to be discharged as soon as possible.
- Other: _____

Comments: _____



We look forward to taking care of you and your family soon!