

Full name: _____

Due date OR Induction date: _____

Huband's name: _____

Doctor's name: _____

Today's date: _____

Hospital name: _____

01 Please note that I

- Am Rh incompatibility with baby
- Have gestational diabetes
- Have hypertension
- Other medical conditions

02 My delivery is planned as

- Vaginal
- C-section
- Vaginal birth after ceasarean



03 I'd like (check below) present before AND/OR during labor

- Husband: _____
- My sister: _____
- My Mother: _____
- Other: _____

04 During labour, I'd like

- Music played (I will provide)
- The room as quiet as possible
- As few interruptions as possible
- As few vaginal exams as possible
- Hospital staff limited to my own doctor and nurses (no students, residents or interns present)
- To wear my own clothes
- To wear my contact lens the entire time
- My _____ to film AND/OR take pictures (For eg. Mother or Husband or Sister etc)
- My _____ to be present the entire time (For eg. Mother or Husband or Sister etc)
- To stay hydrated with clear liquids and ice chips (as approved by my doctor)
- To eat and drink as approved by my doctor

05 I'd like to spend the first stage of labour

- Standing up
- Lying down
- Walking around
- As per my doctor's advice

06 I'm not interested in

- An enema
- Shaving of my pubic area
- A urinary catheter
- An IV, unless I'm dehydrated (and a heparin or saline lock IS/IS NOT ok)

07 I'd like fetal monitoring to be

- Continuous
- Intermittent
- Internal
- External
- Performed only by Doppler
- Performed only if the baby is in distress

08 I'd like labour augmentation

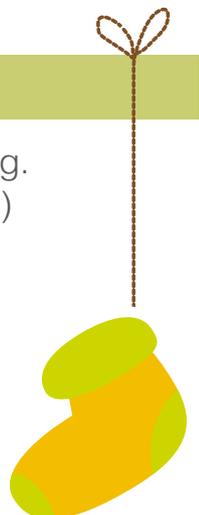
- Performed only if baby is in distress
- Performed by rupture of the membrane
- Performed by stripping of the membrane
- Never to include an artificial rupture of the membrane

09 For pain relief, I'd like to use

- Acupressure
- Acupuncture
- Breathing techniques
- Cold therapy
- Distraction
- Massage
- Meditation, following doctor's instruction
- Standard epidural
- Walking epidural
- Nothing
- Only what I request at the time
- Whatever is suggested at the time

10 During delivery, I would like to

- Squat
- Semi-recline
- Lie on my side
- Be on my hands and knees
- Stand
- Lean on my _____ (For eg. Mother or Husband or Sister)
- Use people for leg support
- Use foot pedals for support
- Use a birth bar for support
- Use a birthing stool



11 As the baby is delivered, I would like to

- Push spontaneously
- Push as directed
- Push without time limits, as long as the baby and I are not at risk
- Let the epidural wear off while pushing
- Have a full dose of epidural
- Avoid forceps usage
- Avoid vacuum extraction
- Use whatever methods my doctor deems necessary
- Help catch the baby
- Let my _____ catch the baby (For eg. Mother or Husband or Sister etc)

12 I would like an episiotomy

- Used only after perineal massage, warm compresses and positioning
- Rather than risk a tear
- Not performed, even if it means risking a tear
- Performed only as a last resort
- Performed as my doctor considers necessary
- Performed with local anesthesia



13 Immediately after delivery, I would like

- My _____ to cut the umbilical cord (For eg. Mother or Husband or Sister etc)
- To deliver the placenta spontaneously and without assistance
- To see the placenta before it is discarded

14 If a C-section is necessary, I would like

- A second opinion
- To make sure all other options have been exhausted
- To stay conscious
- My partner to remain with me the entire time
- The screen lowered so I can watch baby come out
- My hands left free so I can touch the baby
- The surgery explained as it happens
- An epidural for anesthesia
- My _____ to hold the baby as soon as possible (For eg. Mother or Husband or Sister etc)
- To breastfeed as soon as I can

15 I would like to hold baby

- Immediately after delivery
- After suctioning
- After weighing
- After being wiped clean and swaddled
- Before eye drops/ointment are given



16 I would like to breastfeed

- As soon as possible after delivery
- Before eye drops/ointment are given
- Later

17 I'd like my family members (NAMES)



- To join me and baby immediately after delivery
- To join me and baby in the room later
- Only to see baby in the nursery
- To have unlimited visiting after birth

18 I'd like baby's medical exam and procedures

- Given in my presence
- Given only after we've bonded
- Given in my partner's presence
- To include a heel stick for screening tests beyond the PKU
- To include a hearing screening test
- To include a hepatitis B vaccine

19 Please don't give baby

- Sugar water
- Formula
- A pacifier



20 I'd like baby's first bath given

- In my presence
- In my _____ 's presence (For eg. Mother or Husband or Sister etc)
- By me
- By my partner

21 I'd like to feed baby

- Only with breastmilk
- Only with formula
- On demand
- On schedule
- With the help of a lactation specialist

22 I would like to breastfeed

- All the time
- During the day
- Only when I'm awake
- Only for feeding
- Only when I request



23 I'd like my partner

- To have unlimited visiting
- To sleep in my room

24 If we have a boy, circumcision should

- Be performed
- Not be performed
- Be performed later
- Be performed with anesthesia
- Be performed in the presence of me AND/OR my partner

25 As needed post-delivery, please give me

- All information/instruction about breastfeeding
- All information/instruction about family planning
- All information/instruction about post-partum & follow up visits
- All information/instruction about baby care & follow up visits
- All information/instruction about circumcising baby boys
- All information/instruction about post-partum pain relief as per doctor's advice

26 After birth, I'd like to stay in the hospital

- As long as possible
- As briefly as possible



27 If baby is not well, I'd like

- My _____ and I to accompany it to the NICU or another facility (For eg. Mother or Husband or Sister etc)
- To breastfeed or provide pumped breast milk
- To hold him or her whenever possible