



El Camino Women's Medical Group

Obstetrics, Gynecology, Infertility & Minimally Invasive Surgery

My Birth Plan

About me:

Mother's name: _____

Baby's name and gender: _____

My expected due date: _____

Who I want in the room with me: _____

Routine practices at El Camino Hospital, Mountain View:

- Room ambiance is in your control (lights, temperature, music, television)
- Privacy is important, there are no medical students or residents. Nursing students occasionally are present to help your Labor & Delivery nurse.
- Continuous fetal monitoring begins once you are admitted.
- Mobility during labor is encouraged, you may walk, sit, stand in your room or out in the hallways
- Baby will come to your chest immediately after delivery
- Breast feeding is highly encouraged, babies will be in a room with you
- Pacifiers & formula supplementation are only given to your baby after discussion with you
- Administration of Hepatitis B vaccine, Vitamin K, and eye ointment to every newborn
- Delay of newborn shower until 8 hours of life

Routine practices for ECWVG:

- 60 second delayed cord clamp if possible
- Episiotomies are performed rarely, only if necessary for the health of the baby or to protect the anus from an expected deep natural tear
- If assistance is necessary, vacuums may be used, we do not use forceps

During labor:

- I would like to be mobile:
 - Walking
 - Birthing ball
 - Standing
 - Sitting
 - Squatting
 - Suggestions
- Hydration
 - Clear fluids
 - Ice chips
 - IV fluids
- Mobility:
 - If possible, I do not want any IV access after admission labs are drawn
 - If possible, please just leave in an saline "lock" in case IV access is needed later
 - I have no preference about IV access and tubing, as long as I am still mobile
 - I would like wireless fetal monitoring



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- If I appear to be in pain:
 - Please do not mention pain medications
 - My partner/doula will be my coach for managing my pain in labor
 - Please help coach me if I do not seem to be managing my pain well
 - Please coach me with breathing exercises, movements, and positions that help
 - I would like the option to be able to take a shower
 - I would like to be informed of my options if you feel pain medication is appropriate
 - I am planning on an epidural
- I want to avoid oxytocin and artificial rupture of my bag if possible
- I prefer only female staff and providers in my room during my labor and delivery. I understand that a male member of the health care team may need to enter my room for various reasons. In such a circumstance, I would appreciate notice that a male is entering the room.
- _____
- _____

Near and during delivery:

- I would like to push in positions comfortable to me
 - In bed
 - Squatting
 - Leaning on the side of the bed
 - With a squatting bar
 - With side handles
 - With direction
 - With minimal direction
- I would like for the cord to be cut:
 - Immediately
 - Around 60 sec, if possible (Routine for ECWVG)
 - By _____
 - We are planning on storing cord blood with _____

Baby care:

- Feeding
 - I am planning on breast feeding
 - I am planning on formula feeding
- Circumcision
 - No circumcision
 - Circumcision in the hospital
 - Plan circumcision after discharge