Where would you like to have your baby?

- Homebirth
- Midwifery Led Unit
- Labour Ward
- Theatre birth

Students?

- Students okay
- No students please

Plans for labour

- Quiet please
- Dim lighting
- Natural birth
- Hypnobirthing
- Water birth
- Epidural
- Open to all pain relief

- Please help guide me to push
- Please do not guide me to push
- Routine vaginal examinations
- Vaginal examinations only if requested
- Preferred c-section to forceps
- Happy for instrumental birth

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Birth

- Active management 3rd stage
- Physiological 3rd stage
- We do not know the baby’s sex
- We are having a .................
- Optimal cord clamping
- We suggest that you print these pages, cut out your choices and stick them on the following page.
- You can fill in any blanks and use the remaining space for any other notes about your choices.
- I want to see my placenta
- I do not want to see my placenta
- to cut cord
- Skin to skin at birth
- Protected first hour: quiet and dim lighting
- Vitamin K injection
- Vitamin K oral
- No Vitamin K
- I plan to breastfeed
- I plan to bottle feed
My birth plan