

My full name

Name I would like to be called (i.e. shortened name)

My birth partner's name

My due date

This is my first birth

I've given birth before by

Labour

The kind of birth I aim to have is

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I would like to try these birth positions

- Birth ball Birth stool In bed Lying on side Kneeling
 Sitting Squatting Standing Water birth

I would rather not be induced unless it's medically necessary

- Yes Don't mind

Care and support

I would like my birth partner to be with me

- At all times When possible Just near my head

The things I would like my birth partner to do include

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I would like female-only care

- If at all possible Don't mind

Medical students or student midwives at my birth

- Are fine Not welcome

Pain relief (natural and drug)

I would like pain relief

- Yes No No, but I might change my mind As advised by my midwife

Pain relief options I'm happy to use

- Entonox (gas and air) Epidural Pethidine
 TENS Water birth I don't mind

Alternative therapy (i.e. aromatherapy)

Other

Birth

If an episiotomy is suggested, I would

- Be happy to follow advice Only have it if absolutely necessary Like to avoid having one, even if this means tearing naturally

If an assisted delivery is necessary, I would prefer

- Ventouse Forceps Medical staff to make the choice

If a caesarean looks likely, I would

- Be happy to allow medical staff to make the choice Would rather try other options until absolutely medically necessary

If I have a caesarean, I would

- Like the screen to remain in place Like the screen to be lowered so I can see my baby being born
 Like my partner to be there, if at all possible

If giving birth vaginally, when my baby's head is crowning I would like to

- See it with a mirror Feel it Don't mind Rather not be asked

Immediately after birth

I would like the umbilical cord to be cut by

- Medical staff My partner I would like it to remain attached for as long as possible

I would like to find out the sex of my baby by

- Being told by medical staff Being told by my partner For myself

I would like my baby to be cleaned up

- Straight away Only after I've had a cuddle

I would prefer to deliver the placenta

- Naturally Managed with an injection

I would like Vitamin K to be given to my baby

- By mouth By injection However it's advised Not at all

I plan to have cord blood collected

- Yes, as pre-arranged by a trained member of hospital staff Yes, as pre-arranged by a specialist No, not at all

I plan to feed my baby

- By breast By bottle

Important pregnancy health info

Group B Strep

- I've tested positive I've tested negative I haven't had a test

My blood is Rhesus (RhD) negative

- Yes No

Gestational diabetes

- I've tested positive I've tested negative I haven't had a test

Other pregnancy health conditions

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Important background info

Allergies

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Disabilities/impairments/injuries that could affect the birth process

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Other health conditions, illnesses or diseases

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Religious considerations

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