



My Birth Preferences

Name: Siobhan Miller

Pronoun: She/Her

Contact number: XXXXX XXXXXX

Estimated due date: 01/04/16

Birth place choice: Home

We wish to have a calm, quiet, water birth at home with no intervention. We are using hypnobirthing for our birth and therefore the environment and language is very important to us. Please note that we would appreciate it if you could avoid using the words 'pain' or 'contractions', and instead talk about 'comfort' and 'surges'. I may describe the power and intensity of a surge but I do not wish to think about or feel pain, as I do not believe birth needs to be painful.

MONITORING

Intermittent monitoring with sonicaid

There is no need to ask when you want to listen in. I would prefer not to be asked questions in labour unless necessary. I wish to be as mobile as possible / in the pool so only continuously monitored if absolutely necessary. If continuous monitoring is necessary, I would like to use the wireless monitoring if this is available so that I can continue to move about.

IMPORTANT TO KNOW

Medical Conditions

Anaphylaxis. I am extremely allergic to certain drugs and carry an epi-pen.

BIRTH PARTNER

We would like to be left alone whenever possible

Name: James Walton

Relationship to you: Partner

Contact number: XXXXX XXXXXX

ENVIRONMENT

It is very important to me that the lighting is dimmed throughout.

I would like my own choice of music to be playing (including hypnobirthing audio tracks), battery operated tea lights on and our essential oils / room spray. I'd like to use a birth ball and wear my own clothes initially and then use the birth pool when labour is established. I have a TENS machine I can use in early labour and plan to eat and drink normally.

PAIN RELIEF

Please do not offer any to me

I do not wish to have an epidural. I do not want Pethidine/Diamorphine or any other drugs. I do not like Gas and Air because it makes me sick. Ideally I do not want any drugs introduced during my labour or afterwards. Please remind me of the tools I do have which include: my breathing techniques, visualisations (of a balloon filling as I inhale and a golden thread as I exhale), light touch massage, heat pack, cold flannel, essential oils, relaxation scripts, relaxation audio tracks, positive affirmations, the pool etc. These will all increase my comfort level. Please remind me of my desire to feel and experience this birth and of my previous positive birth experience if I have a wobble.

POSITIONS FOR LABOUR & BIRTH

I do not wish to be lying on my back

I would like to be active and use positions that mean I am upright, forward and open (UFO) which facilitate an easier and quicker birth. I'd like to remain mobile throughout. If I need to rest, I would like to use my birthing ball or lean over the sofa/ bed. In the pool I wish to be upright and leaning forward over the side or on all fours.

BIRTH POOL

I would like to use the birthing pool during labour and would like to give birth in the pool.

SECOND STAGE

I do not want to be coached to push

I would like to breathe my baby down so he is born gently and calmly. I would like to follow the lead of my body rather than be coached to push. I would like to be able to bring my baby to my chest immediately after delivery. If it is not possible for me to hold the baby then I would like the baby to have skin to skin time with my birth partner. It is important that the calm and intimate environment is maintained after baby has been born as this helps with the flow of oxytocin which aids bonding and reduces the risk of excessive blood loss and PND.

LABOUR WARD

Private room, birth pool, low lighting, hushed voices

If I birth my baby in hospital I would like to request a private room with a birthing pool.

The environment is very important to us so we would like the room to be as similar as possible to our preferences outlined for home birth. Most importantly we would like the room to be dimly lit, quiet and with as few people as possible present.

We would like people to knock before entering and to speak in hushed voices. All communication is to go through my birth partner please so that I can labour undisturbed. I do not wish for students to be present, only hospital staff who absolutely need to be there. I do not wish to be cannulated unless it is essential to do so.

ASSISTED DELIVERY

I will accept assistance if there is no other option

I would rather wait longer than try to rush the process unless the baby is in obvious distress and needs to be born.

THIRD STAGE

"The Golden Hour" - baby on my chest immediately after birth and undisturbed skin to skin time for an hour

It is my preference to have a physiological third stage. I would like to wait until my baby has received all of his blood before the cord is clamped and cut. I would like to birth the placenta without any drugs being introduced to my body. I am having my placenta encapsulated so please be mindful of this. It will need to be stored in a sterile container which we will provide and placed in the fridge / cool box within half an hour.

In the event that I experience a postpartum hemorrhage, I accept that I will need to have the injection. If I continue to lose blood then I accept I will need to transfer to labour ward to receive syntocinon via a drip.

UNPLANNED CAESAREAN

Gentle / Natural cesarean please!

If I choose to birth my baby by cesarean, it would be my preference to have a gentle or natural cesarean and to be awake for this.

I would like to receive my baby to my chest immediately after delivery, certainly before weighing him or cleaning him

Please ensure any electrodes are placed on my back to they are not in the way and do not inhibit this important skin to skin time. I would like my baby to receive all of his blood so wish to request delayed cord clamping. I wish for only those who are absolutely necessary to be present in theatre.

I would like to be able to see my baby be born so please lower the curtain at this stage.

I would appreciate it if the lights could be dimmed at head end so when the baby is delivered and brought to my chest, he is not subjected to bright light.

I would like my choice of music/relaxation track to be playing in theatre during the birth of my baby.

If there is time beforehand, I would like to be given a pack of sterile gauze strips so that I have the opportunity to seed my baby with bacteria and stimulate microbiome development, which would happen if he were born naturally.

I would still like my placenta to be encapsulated after birth, so please bear this in mind and ensure the theatre staff are aware of my wishes. My placenta will need to be stored in a sterile container and kept cool until collected.

If my baby has to be in the Special Care Unit, then I want to be able to care for him as much as possible and to ensure he receives my breast milk. I would like help with making sure this happens.

ANYTHING ELSE...

I am happy for my baby to be given Vitamin K by injection. I plan to breastfeed and feel confident doing so. If I am admitted to the postnatal ward I would like a private room if one is available.

THANK YOU

Thank you for taking the time to read my birth preferences. I am looking forward to the birth of my baby and planning for a positive and empowering birth experience where my baby is born safely and calmly. I believe this is possible however my birth story pans out. Thank you for supporting us at this very special time in our lives. We will be sure to appreciate all you do for us, now and for the rest of time.

Siobhan and James.