

Your birth plan for Park Nicollet Methodist Hospital

We want to know your wishes and will do our best to honor them. If you would like to share your wishes, please complete this form and bring it with you to the hospital. Remember, you may change your mind at anytime. Know that the safety of you and your baby are our top priority. Please discuss your plan with your clinician.

Name: _____ Due date: _____

Your doctor/midwife: _____ Pediatrician: _____

Do you need interpreter services? If yes, language: _____

- Necesito a interprete (Spanish). Kuv xav tau ib tug Hmoob pab txhais lus rau kuv (Hmong).
- Waxaan u baahnahay turjubaan Somali ah (Somali).

What do you want us to know about you or your labor partner?

Who do you want to be in the room for the actual birth of your baby? (Talk with them about your plan.)

Name: _____ Relationship: _____

Name: _____ Relationship: _____

Is there anyone else you want to have with you while you are in labor? _____

If yes, who: _____

Please tell us about your wishes for your labor and delivery.

Comfort measures (for example, try certain positions, use a birthing ball, have warm blankets or listen to music):

Pain medicine:

- Do not offer me.
- Not sure, I will see what I need.
- I want an epidural (a local anesthetic to numb the lower body).
- I prefer pain medicine given by a shot or intravenous line.

What are your concerns?

At the time of birth, I would like:

- To have a mirror to watch my baby's progress.
- To have my baby put on my tummy immediately after birth.
- My baby cleaned before I hold him or her.
- _____ to cut the cord.
- Other: _____

(continued)

Name: _____

Please tell us about your wishes for your postpartum stay and your baby.

Comfort measures:

What do you most want to learn about?

I plan to: Breastfeed. Bottlefeed. Both. Not sure.

Hepatitis B vaccine: Give to my baby. Do not give to my baby. Not sure.

Tdap vaccine: I would like to receive in the hospital.
 I do not want to receive in the hospital.
 Not sure.

Pacifiers: Do not give my baby a pacifier.
 It's OK to give my baby a pacifier.

Pictures: I would like to know more about baby pictures taken in the hospital.
 Not interested in hospital photos.
 Not sure.

If I have a boy, my plan is to:

- Have him circumcised in the hospital. (Call your insurance company to see if your health plan covers the cost of circumcision. If it is not covered, you will be responsible for the cost.)
- Not have him circumcised in the hospital.
- Not sure.

If you have questions, please let us know. Tell us what we can do to best help you and make your stay at the Family Birth Center wonderful.